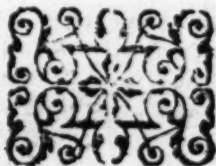


DELIGHTS  
FOR LADIES,  
to adorne their Persons,  
Tables, Closets, and Di-  
stillatories :

WITH  
Beauties, Banquets, Perfumes,  
and Waters.

*Read, practice, and censure.*



AT LONDON,  
Printed by H.L. and are to be  
sould by Arthur Iohnson.  
1617.

TO R. B. ADIES  
Colonel of the 1st  
Regiment of the  
Massachusetts  
Militia

W. 1791  
Dear Sir, I have the pleasure  
to inform you that

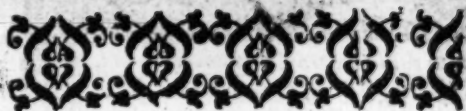
I have received your letter

of the 10th inst. and in  
reply to inform you that  
the same has been  
forwarded to the  
proper authorities

for their consideration  
I am, Sir, very  
respectfully,  
Your obedient servant

S  
Son  
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Son  
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## To all true louers of Art, and Knowledge.

**S**ometimes I write the formes of burning bals,  
Supplying wants that were by woodfals wrought:  
Sometimes of tubs defended so by Art,  
As fire in vaine hath their destruction sought:  
Sometimes I write of lasting Beuerage,  
Great Neptune and his pilgrims to content:  
Sometimes of food, sweet fresh and durable,  
To maintaine life, when all things else were spent:  
Sometimes I write of sundry sorts of soile,  
Which neither Ceres nor her handmaids knew.  
I write to all but scarcely one beleeueth,  
Sauē Diu & Deulhite, who haue found them true,  
When heauens did mourne in cloudy mantles clad,  
And threatned famine to the sonnes of men,  
When sobbing earth denied her kindly fruit  
To painfull ploughman and his bindes: euen then  
I write relieuing remedies of dearth,  
That Art might help where nature made a faile:  
But all in vaine, these new borne babes of Art,  
In their vntimely birth straight-way doe quaille.

## THE EPISTLE.

Of these and such like other new found skils,  
 With painefull pen I whilome wrote at large,  
 Expecting still my Countries good therein,  
 And not respecting lab. ur, time or charge:  
 But now my pen and paper are persum'd,  
 I scorne to write with coppresse or with gall:  
 Barbarian canes are now become my quils,  
 Rosewater is the inke I write withall:  
 Of sweets the sweetest I will now commend,  
 To sweetest creatures that the earth doth beare:  
 These are the Saints to whom I sacrifice  
 Preserves and conserues; both of plum and pear.  
 Empaling now adiew: t. sh. marchpane wals  
 Are strong enough and best befits our age:  
 Let pearcing bullets turne to sugar bals,  
 The Spanish feare is husht, and all their rage.  
 Of marmelade and paste of Genua,  
 Of musked sugar I intend to write,  
 Of Leach, of Sucket, and Quidinea,  
 Affording to each Lady her de'ight.  
 I teach both fruits and flowers to preserve,  
 And candy them so Nutm-gs, Clones, and Mace,  
 To make both marchpane paste; and sugred plate,  
 And cast the same in formes of sweetest grace.  
 Each bird and foule so moulded from the life,  
 And after cast in sweets compounds of Art,  
 As if the flesh and forme which Nature gaue,

Did

## THE EPISTLE.

Did still remaine in euery lim and part.  
 When cryſtall froſt hath nipt the tender grape,  
 And cleane conſum'd the fruits of euery vine,  
 Let here behold the cluſters freſh and faire,  
 Cut from the branch, or hanging on the line.  
 The Walnut, ſmall nut, and the cheſnut ſweet,  
 Whoſe ſugred kernels loſe their pleaſing taſte,  
 Are here from yeere to yeere preſerued meet,  
 And made by arte with ſtrongeſt fruites to laſt:  
 The Artichoke and th' Apple of ſuch ſtrength,  
 The Quince, Pomgranate, with the Barbarie,  
 No ſugar vs'd, yet colour, taſte and ſmell,  
 Are here maintain'd and kept moſt naturally.  
 For Ladies cloſets, and their ſtillatories,  
 Both waters, ointments, and ſweet ſmelling balms,  
 To eaſe tearmes without affected ſpeech,  
 Are here preſent moſt ready at their calls.  
 And leaſt with careleſſe pen I ſhould omit  
 The wrongs that Nature on their perſons wrought,  
 The parching ſun with his hot fire raies,  
 Or theſe likewise releewing meanes I ſought.  
 No idle thoughts, nor vaine ſurmised ſkils,  
 No fancie framde within a theoricke braine,  
 By Abuſe preſents vnto your ſacred eares:  
 To win your fauours faſely I diſdaine.  
 From painfull practice, from experience,  
 And, though coſtly, myſteries deriue:

## THE EPISTLE.

*With fire flames, in scorching Vulcans forge,  
To teach and fine each secret I doe strive.  
Accept them well, and let my wearied Muse  
Repose her selfe in Ladies laps awhile.  
So when she wakes, she happely may record  
Her sweetest dreames in some more pleasing stile.*

H. PLAT.



# THE TABLE.

ge, **G**ood Reader, for the vnderstanding of this  
table, knowe that a, b, c, d, doe giue dire-  
ctions vnto the foure severall partes or Trea-  
ties of this booke: (a) for the first, the rest in  
their order.

g. fii.

## A

<b>A</b> Nula Campana rootes preserved	a, 1
Almonds in leach	a, 27
Almond butter to make	a, 57
Almonds into gelly	a, 58
Aliger distilled	b, 16
Apples kept dry all the yeere	a, 47
Aqua rubea	b, 7
Aqua composita of D. Steuens	b, 8
Artichokes kept long.	a, 69

## B

<b>B</b> Ags sweet to lie amongst linnen	d, 35
Ball to take out Raines	d, 3
Ball to wash with	d, 8
Salme water	b, 5
Gd. Beaumanger	c, 11
Beefe roasted kept long	c, 18
<b>A</b> 4	Beefe

# THE TABLE.

Beete powdered, kept long without charge	c, 19	Ca
Beefe fresh at the sea	c, 26	Ca
Beautie for the face	d, 7, 14	Ch
Bisket bread, or French bisket	a, 19	Ch
Bisket called Prince bisket	a, 20	Ch
Bisket called biskettello	a, 21	Ch
Bloud of hearbes	b, 21	Ch
Borage candied	a, 11	Ch
Bottling of Beere truly	c, 27	Ch
Bottles mustie helped	c, 21	Ch
Bottle Ale most excellent	c, 31	Ch
Browne to eate tender and delicate	c, 14	Ch
Broome capers preserued	a, 37	Ch
Broiling without smoke	c, 26	Ch
Bruse helped	d, 24	Ch
Butter tasting of spice or flowers	a, 21	Ch

<b>C</b> akes sweet without spice or sugar	a, 6	Ch
Candying of flowers	a, 9, 53	Ch
Candying in rock candie	a, 33, 41	Ch
Candying of orange pilles	a, 35	Ch
Candles for Ladies tables	c, 39	Ch
Candles hanging in the aire	c, 40	Ch
Capers of broome preserued	a, 37	Ch
Capon boiled in white broth	c, 1	Ch
Casting		Ch

# THE TABLE.

Charge	Casting in sugar plate	a, 12
c, 19	Casting of sugar in party moulds	a, 43
c, 20	Casting and moulding of fruit	a, 44
d, 7, 14	Cherries preserved	a, 8
a, 19	Cherie pulpe kept dry all the yeere	a, 45
a, 20	Cheries dried in the sunne	a, 46
a, 21	Cheese extraordinarie	c, 22
b, 21	Chelnuts kept long	a, 73
a, 11	Chilblanes helped	a, 15
c, 27	Chine of Veale or Chicken boiled	c, 10
c, 21	Cinnamon water	b, 10
c, 31	Collis white and like gelly	a, 55
c, 23	Comfits of all sorts	a, 54
a, 37	Conserues of Prunes or Damsons	a, 50. 52
c, 26	Conserue of Strawberries	a, 51
d, 24	Cowcumbers preserved	a, 36
a, 21	Cowsep paste	a, 40
	Cowsep water, or vinegar of the colour of the Cowsep	a, 34
tr	Crayfish kept long	c, 31
a, 6	Creame clowted.	c, 23
9. 53		
30. 42		
a, 35	<b>D</b> Amaske powder	d, 19
c, 39	<b>D</b> Damsons in marmelade	a, 31
c, 40	Damson pulpe kept all the yeere	a, 45
a, 37	Damsons in conserue	a, 50. 52
c, 1	Dentifrices for the teeth	d, 26
sting		Distil.

# THE TABLE.

Distillation of hearbes in a new manner

b, 11

Drying of fruites in the sunne.

a, 46

## E

**E** Glantine water

b, 20

Eringo rootes preserved

a, 1

Extract of vegetables

b, 19

## F

**F** Ace spotted or freckled to help

d, 6

Face made faire

d, 7. 14

Face full of heate helped

d, 11. 16

17. 18. 19. 20. 21

Face kept white and cleare

d, 21

Fish into paste

c, 14

Fish fried kept long

c, 17

Flesh kept sweet in summer

c, 24

Flies kept from oile peeces

c, 30

Flounder boyled on the French fashion

c, 3

Flowers preserved

a, 7

Flowers candied

a, 9. 11

Flowers in rock candy

a, 42

Flow.



# THE TABLE.

	Flowers dried without wrinkling	a, 62
b, 11	Fruit preserved	a, 8
a, 46	Fruite how to mould and cast	a, 44
	Fruit kept dry all the yeere	a, 45. 46. 47
	Fruit kept long fresh	a, 70

## G

b, 20		
a, 1	<b>G</b> elly crystalline	a, 16
b, 19	Gelly of frutes	a, 29
	Gelly of Almonds	a, 58
	Gilliflowers kept long	a, 61
	Gilliflowers preserved	a, 7
	Gillflower water	b, 20
d, 6	Gingerbread	a, 12
23	Gingerbread dry	a, 23
7. 14	Ginger in rocke candie	a, 33. 42
1. 16	Ginger green in sirup	a, 49
0. 21	Ginger candied	a, 53
1. 21	Gloues to perfume	d, 34
2. 14	Gooseberries preserved	a, 8
6. 17	Grapes growing all the yeere	a, 62
2. 24	Grapes kept till Easter.	a, 64
30		

## H

5. 3		
2. 7		
0. 11	<b>H</b> Andwater excellent	d, 2. 28
4. 2	Hands stained to helpe	d, 5
0. 2		Hands

# THE TABLE.

Hands freckled to helpe	d, 6
Handwater of Scotland	b, 21
Hatell nuts kept long	a, 72
Haire blacke altered	d, 30. 37
Haire made yellow	d, 36
Hearbs distilled in a new manner	b, 11
Hearbes to yeeld salt	b, 12
Hearbs to yeeld bloud	b, 22
Hony to yeeld spirit	b, 13

## I

Irish Aquavita	b, 9
Ilof distilled in a new manner	b, 12
Iuyce of Orenge or Lemmons kept all the yeere.	c, 35
Iumholes to make	a, 16

## L

L Arkes to boyle	c, 4
Lauender distilled in a new manner	b, 11
Leach of Almonds	a, 27
Leach	a, 59
Leg of mutton boyled after the French fa- shion	c, 7
	Lsm

# THE TABLE.

d, 6	Lemmons in Marmelade	a, 48
, 21	Lemmon moulded and cast	a, 44
, 72	Lemmon iuyce kept all the yeere	c, 35
, 37	Lettuce in fucket	a, 38
, 36	Liquerice paste	a, 40
, 11	Lobsters kept long	c, 31

, 12  
, 22  
, 13

## M

	<b>M</b> Ace in rocke candle	a, 48
	Mallard to boyle	c, 6
b, 9	Marchpane paste	a, 12. 18
, 13	Marigolds preserved	a, 7
l the	Marigolds candied	a, 9. 11
, 35	Marigold paste	a, 40
, 16	Marmelade of Quinces or Damsons	a, 30
	Marmelade of Lemmons, or Orenge	a, 41
c, 4	May-dewe clarified	a, 33
	Morphew helped	d, 21. 22
, 11	Mulberries in gelly	a, 29
, 27	Muske sugar	a, 2
, 59	Mustard meale	c, 25
- fa-	Mustineffe helped or prevented in waters	b, 24
c, 7		Nut-
sm-		

# THE TABLE.

## N

**N**utmegs in rock candie,  
Nutmegs candied.  
Nuts molded and cast off  
Nuts kept long

a, 33. 40  
a, 34  
a, 44  
a, 72  
Pigs  
Pigs

## O

**O**ranges preserved  
Orange pills candied  
Oranges in marmelade  
Orange molded and cast off  
Orange iuice kept all the yeere  
Oysters kept long

a, 34  
a, 35  
a, 41  
a, 44  
c, 35  
c, 15

## P

**P**aste of flowers  
Paste of Nouie  
Paste to keepe one moist  
Paste called pust paste  
Paste short without butter  
Paste of Genoa of Quincea  
Paste of fish  
Peare molded and cast off

a, 14. 40  
a, 15  
a, 17  
a, 24  
a, 23  
a, 30  
c, 14  
a, 44  
Pearce

# THE TABLE.

Peares kept dry	a, 47
Perfumes delicate and suddainely made	d, 31
3. 42 Perfuming of gloues	d, 34
a, 34 Pickrel boiled on the French fashion	c, 3
a, 44 Pigeons of Sugar paste	a, 10
a, 72 Pigeons boiled with Rice	c, 9
Pigge to lowle	c, 1. 2
Pigges petitoes boyled after the French fashion	c, 8
a, 34 Plums preserued	a, 8
a, 35 Plums dryed in the Sunne	a, 46
a, 41 Pomander to make	d, 4
a, 44 Pomander renewed	d, 32
c, 35 Pomatum most excellent for the face	d, 13
c, 15	d, 13
Pomegranates kept long	a, 68
Preseruing of rootes	a, 1
Preseruing of Cowcumpers,	a, 36
Prunes in conserue	a, 50. 52
a, 40 Pulpe of fruite kept all the yeere	a, 45

## Q

a, 33	<b>Q</b> Vidinia of Quinces	a, 18
a, 30	<b>Q</b> Quinces into paste of Genua	a, 30
a, 14	<b>Q</b> Quinces in marmelade	a, 32
a, 44	<b>Q</b> Quinces kept dry all the yeere	a, 47
arcs	<b>Q</b> Quinces	

# THE TABLE.

Quinces kept long

a, 6

Rose

## R

**R** Abbets of sugar paste

a, 11

Raspices in gelly

a, 2

Rootes preserved

a, 1

Rootes candied

a, 5

Rosa solis to make

b, 6

Rosemary flowers candied

a, 4

Rose leaues to dry

a, 36

Rose sirup

a, 1

Roses preserved

a, 1

Roses and Rose leaues candied

a, 9. 11

Rose paste

a, 46

Roses kept long

a, 61

Roseleaves dried without wrinkles

a, 63

Rosewater stillied at Michaelmas

b, 14

Rosewater distilled in a speedy manner

b, 19

Roses to yeeld a spirit

b, 17

Rosewater most excellent

b, 18

Rosewater, and yet the Roseleaves not discoloured

b, 23

Rosewater and oyle drawne together

b, 25

Rose

# THE TABLE.

a, 6	Rose-water of the colour of the Rose	c, 34
	Rose Vinegar of the colour of the Rose	c, 34
	Rose Vinegar made in a new manner	c, 48
a, 1		
a, 2		
a, 1	S	
a, 5		
b, 6	S Allet oyle purified and graced in taste and smell	c, 36
a, 36	Salmon kept long fresh	c, 16
a, 1	Salt of hearbes	b, 12
a, 1	Salt delicate for the Table	c, 38
9, 11	Sawleages of Polonia	c, 14
a, 46	Sirup of Violets	a, 4
a, 61	Sirup of Roles	a, 5
	Sparrowes to boile	c, 4
a, 63	Spirit of wine extraordinary	b, 1
b, 14	Spirits of wine ordinary	b, 2
b, 15	Spirits of Spices	b, 3
b, 17	Spirit of vvine tasting of any vegetable	b, 4
b, 18		
scor	Spirit of hony	b, 13
a, 23	Spirit of hearbes and flowers	b, 17
	Skinne white and cleare	d, 2
a, 25	Sunburning helped	d, 12
Rose		Stone

# THE TABLE.

Stout to sweat in	d, 17	Vio
Strawberries in gelly	a, 29	Vio
Strawberries in conserue	a, 51	
Sucket of Lettuce stalkes	a, 31	Vio
Sucket of greene Walnuts	a, 49	
Sugar musket	a, 1	
Sugar paste for foule	a, 10	
Sugar plate to cast in	a, 13	V
Sugar plate of flowers	a, 14	W
Sugar plate to colour	a, 38	W
Sugar cast in party mouldes	a, 43	W
Sugar smelling and tasting of the cloue or ci- namon.	a, 71	W

## T

T	Eale to boile	c, 6
	Teeth kept white and sound	d, 10
		25, 16
	Thyme distilled in a new manner	b, 11
	Troffies for the Sea.	a, 39

## V

V	Inegar distilled	b, 16
	Vinegar to clarifie	c, 37
	Violet sirup	a, 4
		Violet



# THE TABLE.

d, 17	Violet paste	a, 40. 41
a, 29	Violet water, or vinegar of the colour of the	
a, 51	violet	c, 34
a, 31	Viquebath	b, 9

a, 49

a, 1

a, 10

a, 13

a, 14

a, 38

a, 43

or ci-

a, 71

## W

<b>W</b>	Afers to make	a, 56
	Walnuts in sucket	a, 49
	Walnuts kept fresh long	a, 65, 66
	Wardens kept dry all the yeere	a, 47
	Washing water sweet	b, 21. d, 2, 28. 29
	Whites of eggcs broken speedily	c, 29
	Widgen to boyle	c, 6
	Wine tasting of wormwood made speedilie.	c, 33

c, 6

, 10

, 16

, 11

, 39

## Y

<b>Y</b>	Tch helped	d, 25
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FINIS.

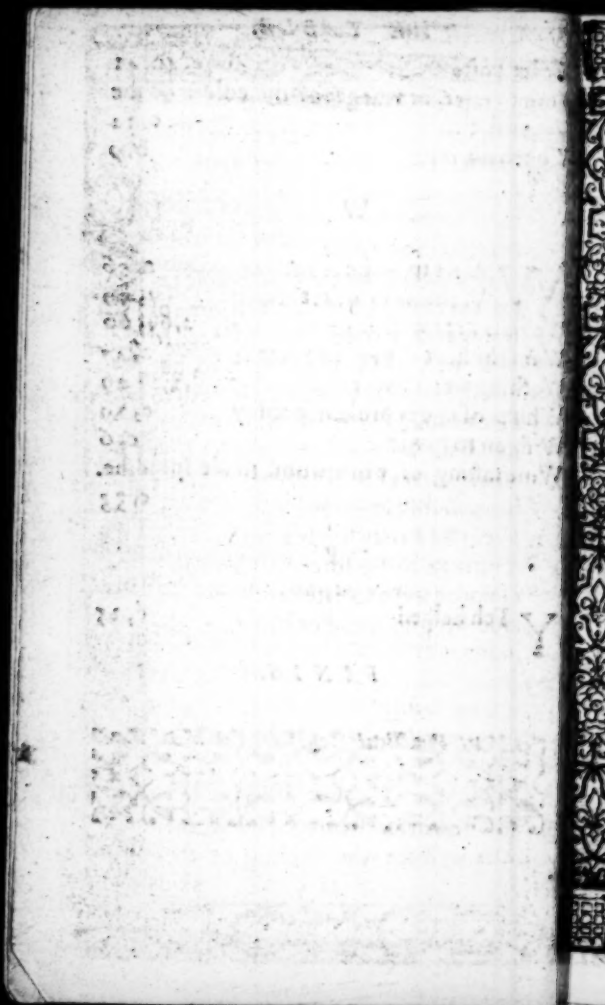


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37


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olet



## The Art of Preseruing, Conseruing, Candy- ing, &c.

1. *How to preserue Eringo rootes, Sc-  
nula Campana, and so of others, in the  
same manner.*

 Eeth them till they be  
tender, then take away  
the piths of them, and  
leauē them in a colan-  
der til they haue drop-  
ped as much as they will: the hauing  
a thin sirup ready, put them beeing  
colde into the sirup beeing also  
cold, and let them stand 10. 3. dayes,  
then boyle the sirup (adding some  
more fresh sirup vnto it to supply that  
which the roots haue drunk vp) a lit-  
tle higher, & at 3. dayes ende boyle  
the sirup againe without any newe  
addition, vnto the full height of a  
preseruing sirup, and put in your  
rootes, and so keepe them. Rootes  
preserued

*The Arte of preserving,*

preserved in this manner will cate very tender, because they neuer boyled in the sirup.

*2. How to make muske sugar of common sugar.*

**B**Ruse 4. or 6. graines of muske, place them in a peece of Sarce-net, fine Lawne or Cambricke doubled: lay this in the bottome of a galley potte, strewing your Sugar thereon, stoppe your pot close, and all the sugar in a fewe dayes vwill both sent and taste of muske: and you may lay more sugar thereon, whe you haue spent that sugar, which will also receiue the like impressiion. Such musk sugar is sold for two shillings the pound.

*3. How to dry Roseleaves in a most excellent manner.*

**V**Hen you haue newly taken out your bread, then put  
in

*Conseruing, candying, &c.*

in your Roses in a siue, first clyp-  
ping away the vvhites, that they  
may be all of one colour: lay them  
about one inch in thickeesse in  
the siue, and when they haue stood  
halfe an houre or there about, they  
will growe whitish on the toppe,  
let them yet remaine without stir-  
ring till the vppermost of them bee  
fully dried: then stirre them toge-  
ther, and leaue them about one o-  
ther halfe houre: and if you finde  
them dry in the toppe, stirre them to-  
gether againe, and so continue this  
worke vntill they be thoroughly dry-  
ed, then put them hot as they are in  
to an earthen pottle, hauing a nar-  
row mouth, and beeing well leaded  
within, (the Refiners of gold and sil-  
uer, call these pottes, hookers)  
stoppe it with corke and wet parch-  
ment, or vvith Waxe and Rosen  
mixed together, and hang your  
pot in a chimney, or neere a conti-  
nuall fire, and so they will keepe ex-  
ceeding faire in colour, and most deli-  
cate

*The Arte of preserving,*

care in sent. And if you feare their  
relenting, take the Roseleaves about  
Candlemas, and put them once a-  
gaine into a sieue, stirring them vp  
and downe often till they bee dry  
and then put them vp againe hote in-  
to your pot.

Note that you must sette vp your  
oven lidde but not lute it about whē  
you set in your roseleaves, either the  
first or second time. *Post, numero 6.*

*4. A most excellent sirup of Violets, both  
in taste and tincture.*

**E**Xpresse the iuice of clipt Vio-  
lets, and to three parts of iuyce  
take one fourth part of conduit  
water, put the same into an Ala-  
blaster mortar, with the leaves  
vvhich you haue stamped, and  
wring the same out thorough a  
cloth, as you did at the first, in-  
to the other iuyce, put thereto a suf-  
ficient proportion of the finest su-  
gar

*Conseruing. candying &c.*

ger and brought also into a most fine powder, let the same stand tenne or twelue houres in a cleane glazed earthen pan, then draine away the clearest, and put it into a glasse, and put thereto a few droppes of the iuyce of Lemmons, and it will becom cleere, transparent, and of the violet colour. Then you may expresse more iuyce into the Sugar, which will settle in the bottome, with some of the thickest part of the iuyce: and heating the same vpon a gentle fire, it will also become a good sirup of violets, but not comparable to the first. By this manner of worke you gaine one quarter of sirup more then diuerse Apothecaries doe.

*5. A singular manner of making the sirup of Roses.*

**F**ill a silver bason three quarters full of rain water, or Rosewater: put therein a conuenient proportion

B

of

*The Arte of preserving,*

of Rose leaues, couer the bason and set it vpon a pot of hot water (as we vsually bake a Custard) in three quarters of an houre, or one whole houre at the most, you shall purchase the whole strength and tincture of the Rose: then take out those leaues, wringing out all their liquour gently, and steepe more fresh leaues in the same water, continue this iteration seauen times, and then make it vp in a sirrup, and this sirrup worketh more kindly than that which is made meely of the iuyce of the rose. You may make sundry other sirrups in this manner. *Quere* of hanging a pewter head ouer the bason, if the ascending water will be worth the keeping.

*6. Another way for the drying of Rose leaues.*

**D**Ry them in the heat of a hott sunny day vppon a Leades,  
tur-



*Conseruing, candying, &c.*

turning them vpper and downe till they be dry ( as they doe hay ) then put them vp into glasse well stoppt & luted, keeping your glasse in warme places, and thus you may keepe all flowers: but hearbes after they are dried in this manner, are best kept in paper bags, placing the bags in close Cupboards.

*7. How to preserue whole Roses, Gilliflowers, Marigolds. &c.*

**D**rye a rose that is neither in the bud nor ouerblowne, in a sirup, consisting of sugar double refined, & Rosewater boyled to his full height, then open the leaues one by one, with a fine smoothe bodkin eicher of bone or wood, and presently if it be a hote sunny day, and whilest the sunne is in some good height, lay them on papers in the sunne, or else dry them with some gentle heate in

*The Arte of preserving,*

a close roome, heating the roome before you sette them in, or in an oven vpon papers, in pewter dishes, and then put them vp in glasses, and keepe them in dry cupbordes neere the fire. You must take out the seedes if you meane to eate them. You may prooue this, preserving with sugar candy, in stead of sugar, if you please.

*8. The most kindly way so to preserve  
plums, cherries, goosberries, &c.*

**Y**OU must first purchase some reasonable quantitie of their owne iuyce, with a gentle heate vpon embers, in pewter dishes, diuiding the iuyce still as it commeth in the firewing, then boyle each fruit in his owne iuyce, with a conuenient proportion of the best refined sugar.

*9. How*

Conseruing, candying, &c.

9. How to candy Rosemary flowers, Rose  
leaves, Roses, Marigolds, &c. with  
preseruatiō of colour.

**D**issolue refin'd, or double refined  
sugar, or sugar candy it selfe in a  
little Rosewater, boyle it to a reason-  
able height, put in your rootes or  
flowers when your sirup is either ful-  
ly colde, or almost cold, let them rest  
therein till the siruppe haue pearced  
them sufficiently, then take out your  
flowers with a skimmer, suffering  
the loose sirup to runne from them so  
long as it will, boile that sirup a litle  
more, and put in more flowers as be-  
fore, diuide them also: then boyle  
all the sirup which remaineth and is  
not drunke vp in the flowers, to the  
height of *mannus Christi*, putting in  
more sugar if you see cause, but no  
more Rosewater, put your flowers  
therein when your sirup is cold or al-  
most cold, & let them stand till they  
candy.

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10. *A most delicate & stiffe sugar paste  
whereof to cast Rabbits, Pigeons, or  
any other little bird or beast, either  
from the life or carued mold.*

**F**irst dissolve Icinglasse in faire wa-  
ter or with some Rosewater in the  
latter end, then beate blanchèd al-  
monds as you would for Marchpane  
stufte, and draw the same with cream,  
and Rosewater (milk will serue, but  
creame is more delicate) then put  
therein some powdered sugar, into  
which you may dissolve your Icing-  
lasse being first made into gelly, in  
faire warme water (note, the more I-  
cinglasse you put therein, the stiffer  
your worke will proue) then hauing  
your rabbits, woodcock, &c. molded  
either in plaister from life, or else car-  
ued in wood (first anointing your  
wooden molds with oyle of sweet al-  
monds, and your plaister or stone  
molds with harrowes grease) poure  
your sugar paste thereon.

*Conseruing, candying, &c.*

A quart of creame, a quarterne of almonds, two ounces of Ilinglasse, & foure or six ounces of sugar, is a reasonable good proportion for this stuffe. *Quere* of moulding your birds, rabbets, &c. in the compound waxe mentioned in my *Iewell house*, in the title of the *Arte of moulding & casting*, page 60. For so your moulds will last long.

You may dredge ouer your foule with crummes of bread, cinamon & sugar boiled together, and so they will seeme as if they were roasted and breaded: Leach and gelly may be cast in this manner.

This paste you may also driue with a fine rowling pinne, as smooth and as thinne as you please; it lasteth not long, and therefore it must be eaten within a few daies after the making thereof. By this meanes a banquet may be presented in the forme of a supper, beeing a very rare & strange deuise.

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*11. To candy Marigolds, Roses, Borage,  
or Rosemary flowers.*

**B**Oile Sugar, and Rosewater a little vpon a chafingdish vwith coales, then put the flowers (beeing thoroughly dried, either by the sunne or on the fire) into the sugar, and boyle them a little, then strew the powder of double refined sugar, vpon them, and turne them, and let them boile a little longer, taking the dish from the fire, then strew more powdered sugar on the contrary side of the flowers. These wil dry of themselves in two or three houres in a hote sunny day, though they lie not in the sunne.

*12. To make an excellent Marchpane  
paste to print off in moldes for ban-  
quetting dishes.*

**T**Ake to euery Iordan Almond blanch'd, three spoonetulls of  
the

*Conserving candying, &c.*

the whitest refined sugar you can get, leaſe your ſugar, and now and then as you lee cauſe put in two or three dropes of damaske Roſewater, beat the ſame in a ſmooth ſtone mortar, with great labour, vntill you haue brought it into a dry ſtiſſe paſte, one quarten of ſugar is ſufficient to work at once.

Make your paſte in little balles, euery ball containing ſo much by eſtimation as will couer your mold or print, then roule the ſame with a rowling pinne, vpon a ſheet of clean paper, without ſtrewing any powdered ſugar either vpon your paſte or paper.

I here is a Countrey Gentlewoman vvhom I could name, vvhich venteth great ſtore of ſugar cakes made of this compoſition. But the onely fault which I finde in this paſte is, that it taſteth too much of the ſugar, and too little of the almonds and therefore you may prooue th making thereof with ſuch almonds

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which haue had some part of their oyle taken from them by expression, before you incorporate the with the sugar, and so happely you may mixe a greater quantity of them with the sugar, because they are not so oylie as the other.

You may mixe cinnamon or ginger in your paste, & that will both grace the taste, & alter the colour; but the spice must pass through a faire searce: you may steep your almonds in cold water all night, and so blanch them cold, and being blanched, dry them in a sieve over the fire. Heere the garble of almonds will make a cheape paste.

*13. The making of sugar plate, and casting thereof in earued moldes.*

**T**Ake one pound of the whitest refined or double refined Sugar, if you can gette it, put thereto three ounces (some comfit-makers, put



*Conseruing, candying, &c.*

put sixe ounces for more gaine ) of the best starch you can buy , and if you dry the Sugar after it is powdered , it will the sooner passe thorough your Lawne searce : then searce it and lay the same on an heape in the midst of a sheet of cleane paper : in the middle of which masse, put a praty lumpe of the bignesse of a vvalnut of gumme dragagant, first steeped in Rosewater one night ; a porenger full of Rosewater is sufficient to dissolue one ounce of gum ( which must first bee vvell picked, leauing out the diosse ) remember to straine the gumme through a canuas , then hauing mixed some of the white of an egge vvith your strained gumme, temper it with the sugar betwixt your fingers by litle and litle , till you haue wrought vp all the Sugar and the gumme together into a stiffe paste , and in the tempering let there be alwayes some of the sugar betweene your fingers and the gumme , then dust  
your

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your wodden mouldes a little with some of that powdered sugar thorough a peece of Lawne or fine linning cloath: and having driven out with your rowling pinne a sufficient portion of your paste to a convenient thicknes, couer your molde therewith, pressing the same downe into euery hollovv part of your mold with your fingers; and when it hath taken the whole impression, knock the mold on the edge against a table, and the paste will issue forth with the impression of the mold vpon it: or if the mold bee deepe cut, you may put in the point of your knife gently into the deepest parts heere and there, lifting vp by little and little the paste out of the molde.

And if in the making of this paste, you happen to put in too much gum, you may put more sugar thereto, and if too much sugar, then more gum: you must also work this paste into your molds, as speedily as you can,

*Conseruing, candying, &c.*

can, after it is once made, and before it harden, and if it growe so hard that it cracke, mixe more gum therewith: cut away with your knife from the edges of your paste all those peeces which haue no part of the worke vpon them, and wike them vp with the paste which remaineth; and if you will make sawcers, dishes, bowls, &c. then (hauing first driven your paste vpon paper, first dusted ouer with sugar to a conuenient largenesse and thicknesse) put the paste into some sawcer, dish or howle of a good fashion, and with your finger presse it gently downe to the insides thereof, till it resemble the shape of the dish, then pare away the edges with a knife, even with the skirt of your dish, or sawcer, and sette it against the fire till it bee dry on the inside, then with a knife gette it out as they vse to doe a dish of butter, and dry the backside; then gilde it on the edges with  
the

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the white of an egge laide rounde about the brim of the dish with a pen-fill, and presse the gold downe vwith some cotton, and when it is dry, skew or brush off the gold with the foot of a Hare or Cony. And if you vwould haue your paste exceeding smooth, as to make cardes and such like conceits thereof, then roule your paste vpon a sliced paper with a smooth and polished rowling pin.

*14. A way to make sugar plate both of colour and taste of any flower.*

**T**Ake violets and beate them in a mortar with a little hard Sugar, then put into it a sufficient quantitie of Rosewater, then lay your gumme in steepe in the water, and so worke it into paste, and so will your paste bee both of the colour of the violet, and of the smell of the violet. In like sort may you worke with Marigolds, Cowslips, Primroses, Buglosse, or any other flower.

*Conserving candying &c.*

*15. To make paste of Nonie.*

**T**Ake a quarter of a pound of Val-  
lentinian almonds, otherwise cal-  
led the small almonds or Barbaric al-  
monds, and beat them in a mortar  
till they come to paste, then take stale  
manchet beeing grated, & dry it be-  
fore the fire in a dish, then sift it, then  
beat it with your almonds, put in the  
beating of it a little cinnamon, gin-  
ger, and the iuyce of a Lemmon, and  
when it is beaten to perfit paste, print  
it with your moldes, and to dry it in  
an ouen after you haue drawn your  
bread: this paste will last all the  
yeere.

*16. To make Imbolds.*

**T**Ake halfe a pound of Almonds  
beeing beaten to paste with a  
short cake beeing grated, and 2. eggs,  
2. ounces of carroway seedes, beeing  
beaten

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beaten, and the iuyce of a Lemmon:  
and being brought into paste, roule  
it into round strings, then cast it into  
knots, and so bake it in an ouen, and  
when they are baked, ice them vvith  
Rosewater and sugar, and the whire  
of an eg: e beeing beaten together.  
then take a feather and gilde them,  
then put them againe into the ouen,  
and let them stand in, a litle while, &  
they will be yced cleane ouer vvith a  
white vce, and so box them yp, and  
you may keepe them all the yeere.

17. *To make a paste to keepe you moist  
if you list not to drinke oft, which La-  
dies v're to carry with them whē they  
ride abroad.*

**T**AKE halfe a pounce of Da-  
maske prunes and a quartern of  
dates, stone them both, and beate  
them in a mortar with one vvar den  
beeing roasted, or else a slice of olde  
marm.

*Conseruing candying, &c.*

marmelade and so print it in your moldes, and dry it after you haue drawne bread, put Ginger vnto it, & you may serue it in at a banquet.

*18. To make a Marchpane.*

**T**Ake two pound of Almonds beeing blanchd and dryed in a siue ouer the fire, beate them in a stone mortar, and when they be small mix with them two pound of sugar being finely beaten, adding two or three spoonefulls of Rosewater, and that will keepe your Almonds from oyling: when your paste is beaten fine, driue it thin with a rowling pin, and so lay it on a bottome of wafers, then raise vp a little edge on the side, and so bake it, then yce it with Rosewater and Sugar, then put it into the ouen againe, and when you see your yce is risen vppe and dry, then take it out of the Ouen and garnish it with

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with prety conceits, as birds & beasts being cast out of standing moldes. Stick long comfits vpright in it, cast biskets and carrowaies in it, and so serue it; gild it before you serue it: you may also print off this March-pane paste in your moldes for banquetting dishes. And of this paste our comfitmakers at this day make their letters, knots, Armes, Escocheons, beasts, birds, and other fancies.

*19. To make bisket bread, otherwise called French bisket.*

**T**Ake halfe a pecke of fine flower, two ounces of coriander seedes, one ounce of anniseedes, the whites of foure egges, halfe a pinte of Ale yeast, and as much water as will make it vp into stiffe paste, your water must be but blood warme, then bake it in a long roll as bigge as your thigh, let it stay in the oven but one houre, & when it is a day old,

pare



*Conseruing candying, &c,*

pare it and slice it ouerthwart, then sugar it ouer with fine powdered sugar, and so dry it in an ouen againe: and beeing dry, take it out and sugar it againe, then box it, & so you may keepe it all the yeere.

*20. To make prince bisket.*

**T**Ake one pound of very fine flower, and one pound of fine sugar, & eight egges, & two spoonefulls of Rosewater, and one ounce of Carroway seedes, and beate it all to batter one whole houre, for the more you beat it, the better your bread is, then bake it in coffins of white plate, beeing basted with a little butter before you put in your batter, and so keepe it.

*21. To make another kinde of bisket called biskettello.*

**T**Ake halfe an ounce of gumme-  
Dragagant, dissolued in Rose-  
water

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Rosewater with the iuice of a Lemon & two graines of muske, then strain it through a faire linnen cloth with the white of an egge, then take halfe a pound of fine Sugar beeing beaten, and one ounce of Carroway seedes, beeing also beaten, and searced, and then beat them all together in a mortar till they come to paste, then roll them vp in small loaves about the bignesse of a small egge, put vnder the bottome of euery one, a peece of a wafer, and so bake them in an ouen vpon a sheet of paper, cut them on the sides as you doe a manchet, and pricke them in the midst: when you breake them vp, they will be hollow and full of eyes.

*22. To make Gingerbread.*

**T**AKE three stale Manchets and grate them, dry them, and sift them through a fine sieue, then adde

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adde vnto them one ounce of Ginger beeing beaten, and as much Cinamon, one ounce of Liquorice and Anniseeds beeing beaten together & searced, halfe a pound of sugar, then boile all these together in a posnet, with a quart of claret wine till they come to a stiffe paste with often stirring of it; and when it is stiffe, mold it on a table and so driue it thin, and put it in your moldes: dust your moldes with Cinamon, Ginger, and Liquorice, beeing mixed together in fine powder. This is your Gingerbread vsed at the Court, and in all Gentlemens houses at festiual times. It is otherwise called dry Leach.

*23. To make dry Gingerbread.*

**T**Ake halfe a pound of Almonds and as much grated cake, and a pound of fine Sugar, and the yolks of two new layd egges, the  
iuyce

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juice of a lemmon, and 2. graines of musk, beat all these together til they come to a palte, then print it vvith your moldes, and so dry it vpon papers in an ouen after your bread is drawne.

*24. To make puffle paste.*

**T**AKE a quart of the finest flower and the whites of three egges, and the yolks of two, and a little cold water, and so make it into perfect paste, then driue it with a roulng pin abroad, then put-on small peeces of butter as big as Nu's vpon it, then fold it ouer, then driue it abroad againe, then put small peeces of butter vpon it as you did before: doe this ten times, alwaies folding the paste and putting butter betweene euerie fold. You may conuey any prety forced dish, as Florentine, Cherry-tart, Rice, or Pippins, &c. betweene two sheetes of that paste.

*Conseruing, candying, &c.*

*25. To make paste short without butter.*

**T**Ake a quart of fine flower, and put it into a pipkin, and bake it in an ouen when you bake manchet, then take the yolkes of two or three egges, and a pint of creame, & make paste, put into it two ounces of sugar beeing finely beaten, and so you shall make your paste short without butter or sevet. In like sort when you make sugar cakes bake your flower first.

*26 To make crySTALL gelly.*

**T**Ake a knockle of veale, and two calues teete (your calues teete being flayed and scalded) and boile them in faire spring vvater, and when they are boyled readie to eate, you may saue your flesh and not boyle it to peeces, for if you doe so, the gelly will looke thicke, then take a quart of the cleereft  
of

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of the same broth, and put it into a posnet, adding therevnto Ginger, white pepper, sixe whole cloues, one nutmeg quartered, one graine of muske, put all these whole spices in a little bagge, and boile them in your gelly, seaion it with foure ounces of sugar candie, and three spoonfulls of Rosewater, so let it runne through your gelly bag: and if you mean to haue it looke of an amber colour, bruisse your spices, and let them boile in your gelly loose.

*27. To make Leach of Almonds.*

**T**Ake halfe a pound of sweet Almonds, and beat them in a mortar, then straine them with a pint of sweet milk fro the cow, then put vnto it one graine of musk, two spoonfulls of Rosewater, two ounces of fine sugar, the waight of three whole shillings of singlasse that is very white, and

*Conseruing, candying, &c.*

and so boyle them, then let all runne through a strainer, then may you slice the same and so serue it.

*28. To make Quidini of Quinces.*

**T**Ake the kernells our of eight great Quinces, and boile them in a quart of spring water, till it come to a pinte, then put into it a quarter of a pinte of Rosewater, and one pounce of fine sugar, and so let it boyle till you see it come to bee of a deepe colour: then take a droppe, and droppe it on the bottom of a sawcer, and if it stand, take it off, then let it runne through a gelly bagge into a bason, then sette on your bason vpon a chafing-dish of coales to keepe it warme, then take a spoone, and fill your boxes as full as you please, and when they bee colde couer them: and if you please to printe it in moldes, you must haue moldes made to the bignesse of your boxe, and wet your  
C moldes

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moldes with Rosewater, and so let it runne into your molde, and vwhen it is colde turne it off into your boxes. If you vvette your moldes with vwater, your gelly will fall out of them.

*29. To make gelly of Strawberies, Mulberies, Raspisberies, or any such tender fruite.*

**T**Ake your beries and grind them in an Alablafter mortar vwith foure ounces of sugar and a quarter of a pint of faire water, and almost Rosewater, and so boile it in a pot-net with a little peece of I singhaste, & so let it runne through a fine cloth into your boxes, and so you may keepe it all the yeere.

*30. To make paste of Genna of Quinces.*

**T**Ake Quinces and pare them and cut them in slices, and bake them



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them in an oven dry in an earthen pottle without any other ioyce then their owne : then take one pound thereof, straine it, and put it into a stone mortar with halfe a pound of sugar, and when you haue beaten it vp to paste, print it in your moldes and dry it three or foure times in an oven after you haue drawne bread, and when it is thoroughly dry & hardened, you may boxe it, and it will keepe all the yere.

*31. To make Marmelade of Quinces or Damsons.*

**VV**hen you haue boiled your Quinces or Damsons sufficiently. straine them ; then dry the pulpe in a panne on the fire, and when you see there is no water in it, but that it beginneth to bee stiffe, then mixe two pounde of Sugar with three pounde of pulp, this Marmelade will bee white marmelade : and if you will haue it looke with

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with an high colour, put your sugar and your pulpe together, so soone as your pulpe is drawne, and let them both boile together, and so it will looke of the colour of ordinary marmelade, like vnto a stewed warden: but if you dry your pulpe first, it will looke white and take lesse sugar: you shall knowe when it is thicke enough, by putting a little into a saweer, letting it coole before you box it.

*32. To make sucket of Lettuce stalks.*

**T**Ake Lettuce stalkes, and pill away the outside: then per-boyle them in faire water, then let them stand all night dry, then take halfe a pinte of the same liquor; and a quarter of a pinte of Rosewater, and so boyle it to a sirup, and vhen your sirup is betwixt hot and colde, put in your afore said rootes, and let them stand all night in your sirup to make them take sugar, and then

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then the next day your sirup will be weake againe, then boile it againe, and take out your rootes. In the like sort may you keepe Orange pilles, or greene Walnuts, or any thing that hath the bitternesse first taken from it, by boiling it in water.

*33. To candy Nutmegs or Ginger with an hard rocke candie.*

**T**AKE one pound of fine sugar, and eight spoonefuls of Rose-water, and the weight of sixe pence of Gumme Arabique, that is cleere, boyle them together to such an heighr, as that dropping some thereof out of the spoone, the sirup doe rope and runne into the smalnesse of an haire, then put it into an earthen pipkin, wherein place your nutmegs, ginger, or such like, then stoppe it close with a saucer, and lute it well with clay, that no aire may enter, then keepe it in a hote place three weekes, and it will candie

C 3

hard

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hard. You must breake your pot with an hammer, for otherwise you cannot get out your candy. You may also candy Oreniges, or Lemmons in like sort if you please.

*34. To preserve Oreniges after the Portugall fashon.*

**T**AKE Oreniges & coare them on the side, and lay them in vwater, then boile them in fair water till they be tender, shift them in the boyling to take away their bitternesse, then take sugar and boyle it to the height of sirup as much as will couer them, and so put your Oreniges into it, and that will make them take sugar.

If you haue 24. Oreniges, beat 8. of them till they come to paste with a pound of fine sugar, then fill every one of the other Oreniges with the same, & so boile them againe in your sirup: then there will be marmelade of oreniges vvithin your oreniges, & it will cut like an hard egge.

35. To

*Conseruing, candying, &c.*

*35. To candy Orenge pilles.*

**T**AKE your Orenge pils after they be preserued, then take fine sugar and Rosewater, and boyle it to the height of *Manns Christi*, then drawethrough your sugar, then lay them on the bottome of a sieue, and dry them in an ouen after you haue drawen bread, and they wil be candied.

*36. To preserue Cowcumbers all the yeere.*

**T**AKE a gallon of faire water, and a pottle of veriuice, and a pint of bay salt, and a handfull of green fennell or Dill: boile it a little, & when it is cold put it into a barrell, and then put your Cowcumbers into that pickle, and you shall keep them all the yeere.

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37. *To preserve broome capers all the yeere.*

**B**Oyle a quarte of Veriuce and an handfull of bay salt, and therein you may keepe them all the yeere.

38. *To colour sugar plate with seuerall colours.*

**Y**OU may mixe Roset with your fine tearced sugar vntill the colour please you, and so shal you haue a faire murrey colour.

Sapgreene must bee tempered in a little Rose water, hauing some gum first dissolued therein, and so lay it on vvith a pensill vpon your paste in any places.

With Saffron you may make yellow colour in the like manner, first drying and powdering your Saffron, & after it hath colour'd the rosewater sufficiently, by straining it through fine linnen. The powder of Cinnamon,

*Conseruing, candying, &c.*

mon maketh a vvalnut colour, and  
Ginger & Cinamon together a ligh  
ter colour.

*39. To make trasses for the sea.*

**F**irst make paste of sugar and gum  
Dragagant mixed together, then  
nixte therewith a reasonable quantity  
of the powder of Cinamon and Gin  
ger, and if you please a little muske  
alio, and make it vppe into rolles  
of seuerall f-shions, gilding them  
heere and there. In the same manner  
you may alio conuey any purgatiue  
vomit, or other medicine into sugar  
paste.

*40. To make paste of Violets, Roses  
Marigolds, Cowslips, or Liquerice.*

**S**Hred, or rather powder the dry  
leaves of your flower, putting  
thereunto some fine powder of  
Ginger, Cinamon, and a little  
muske if you please, mixe them all

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confusedly together, then dissolve  
some sugar in Rosewater, and beeing  
boyled a little, put some saffron ther-  
in, if you worke vpon Marigolds, or  
else you may leane out your saffron,  
boyle it on the fire vnto a sufficient  
height, you must also mixe ther-wi-  
th the pappe of a roasted apple, beeing  
first well dried in a dish ouer a cha-  
fing dish of coales, then poure it vpon  
a trencher, beeing first sprinkled o-  
uer with Rosewater, and with a knife  
worke the paste together. Then  
breake some Sugar-candie small,  
but not to powder, and with gum  
dragagane, fasten it heere and  
there to make it seeme as if it were  
roch-candied; cutte the paste into  
peeeces of what fashion you list with  
a knife first wet in Rosewater.

In Liquorice paste you must leaue  
out the pappe of the pippin, and then  
worke your paste into dry rolles. Re-  
member to searce the Liquorice  
through a fine searce.

These rolles are very good a-  
gainst



*Conseruing candying, &c,*  
gainst any cough or cold.

41. *To make Marmelade of Lemmons  
or Orenge.*

**T**Ake tenne Lemmons or Oren-  
ges and boyle them vvith halfe  
a dozen pippins, and so drawe them  
thorough a strainer, then take so  
much sugar as the pulpe doth wey,  
and boyle it as you doe marmelade  
of Quinces, and then box it vp.

42. *How to candy Nutmegs, Ginger,  
Mace & flowers, in halfe a day with  
hard or roch candy,*

**L**Ay your Nutmegs in steepe in  
common Lee made with ordi-  
narie ashes 24. houres; take them  
out and boyle them in faire vvater  
till they be tender, and so take out  
the Lee: then dry them and make  
a sirup of double refined sugar and  
a little Rosewater, to the height  
of

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of a *mannu Christi*, place this sirrup in a gentle balneo, or some small heat, putting your Nutmegs into the sirrup.

Note that you must skim the sugar as it casketh any skumme, before you put in your Nutmeg, then having sugar candy first bruised grossly, and searced through colanders of tenneral bignesse, take the smallest thereof, and roule your Nutmegs vp and downe therein, either in a dish or vpon cleane paper, then stoue your Nutmegs in a cupboard with a chafin dish of coales, which must bee made hote of purpose before you set them in: and when they are dry enough, dippe them againe in fresh sirrup boiled to his height as before; and roule them in the grosser sugar-candie, and then stoue them againe till they bee hard, and so the third time if you will increace their candie.

Note that you must spend all the sugar which you dissolue at one time with

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with candying of one thing or other therein presently: the stronger that your lee is, the better; and the Nutmegs, Ginger, &c. would lie in steepe in the lee, tenne or twelue dayes, and after in the sirup of sugar in a stoue or Cupboard with a chaffingdish and coales one whole weeke, and then you may candy them suddenly, as before. Flowers and frutes are done presently without any such steeping or stouing as before: onely they must be put into the stoue after they be coated with your powdered sugar-candie: and those flowers of frutes as they are suddenly done, so they will not last about two or three daies faire, and therefore onely to be prepared for some set banquet.

*34. Casting of sugar in party moldes of ywood.*

**L**ay your moldes in faire water three or foure houres before you

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you cast, then dry vp your inward moisture with a cloath of Linnen, then boyle rosewater and refined iugar together, but not to any great stiffnesse, then poure it into your moldes, let your moldes stand one houre, and then gently part or open the moldes, and take out that which you haue cast: you may also worke the paste *antè numero* twelue, thirtene, into these moldes first printing or pressing gently a little of the paste into the one halfe, and after with a knife take away the superfluous edges, and so likewise of the other halfe: then presse both sides of the molde together, two or three times, and after take away the crest that will arise in the midst: and to make the sides to cleaue together, you may touch them first ouer with gumme Dragagant dissolued, before you presse the sides of the mold together: note that you may conuey comfets within, before you close the sides. You may cast off any of these mixtures

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tures or pastes in Alabaster moldes,  
molded from the life.

44. *To mold off a Lemmon, Orenge,  
Peare Nut &c. and after to cast it  
hollow within, of sugar.*

**F**ill a v wooden platter halfe full  
of sande, then presse downe a  
Lemmon, Peare, &c. therein to the  
iust halfe thereof, then temper  
some burnt Alabaster with faire  
vwater in a stone or copper dish, of  
the bignesse of a great silver boule,  
and cast this pappe into your sande,  
and from thence clappe it vpon the  
Lemmon, Peare, &c. pressing  
the pappe close vnto it. Then after  
a vwhile take out this halfe part  
with the Lemmon in it, and pare  
it euen in the insides as neere as  
you can, to make it resemble the  
iust halfe of your Lemmon, then  
make 2. or 3. little holes in the halfe  
(viz. in the edges thereof) laying it  
downe in the sand againe, and so  
cast

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cast another halfe vnto it, then cutte off a peece of the top of both your party moldes, and cast thereto another cappe in like manner as you did before.

Keepe these three parts bound together with tape till you haue cause to vse them: and before you cast, lay them alwaies in water, & dry vpon the water againe before you poure in the sugar.

Colour your Lemmon with a little saffron steeped in Rosewater; vse your sugar in this manner: boile refined or rather double refine I sugar and Rosewater to his full height: viz till by pouring some out of a spoone, it will run at the last as fine as haire; then taking off the cappe of your mold, poure the same therein. filling vp the mold aboue the hole, and presently clap on the cappe, and presse it downe vpon the Sugar, then swing it vp and downe in your bande, turning it rounde, and bringing the neather parte some times

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times to be the vpper part in the turning, and *è conuersa*. This is the manner of vling an Orenge, Lemmon, or other round molde: but if it bee long as a pigges foote will be, beeing molded, then roule it, and turne it vp and downe long waies in the aire.

45. *How to keepe the dry pulpe of Cherries, Prunes, Damsons, &c. all the yeere.*

**T**Ake of those kinde of Cherries which are sharpe in taste (*Quers* if the common blacke and redde Cherrie will not also serue, hauing in the ende of the decoction a little oyle of Vitrioll or Sulphur, or some veriuike of soure Grapes, or iuice of Lemmons mixed therewith, to give a sufficient tartnesse) pull off their stalks and boile them by them selues without the addition of any liquour, in a caldron or pipkin, and when they beginne  
once

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once to boyle in their owne iuyce, stirre them hard at the bottome with a spattle, least they burne to the pans bottome. They haue boyled sufficiently, when they haue cast off all their skinner, and that the pulpe and substance of the cherics is growne to a thicke pappe: then take it from the fire, and let it coole, then diuide the stones and skinner, by passing the pulpe onely through the bottome of a strainer reuered as they vse in *cassia fistula*, then take this pulpe and spread it thinne vpon glazed stones or dishes, and so let it dry in the sunne, or else in an ouen presently after you haue drawne your bread, then loose it from the stone or dish, and keepe it to prouoke the appetite, and to coole the stomacke in feuers, and all other hot diseases. Proue the same in all manner of fruite. If you feare adustion in this work, you may finish it in hot balneo.



*Conseruing, candying &c.*

*46. How to dry all manner of plums  
or cheries in the sunne.*

**I**F it be a small fruite, you must dry them whole, by laying the abroad in the hot sunne, in stone or pewter dishes, or Iron or brasie pannes, turning them as you shal see cause. But if the plum be of any largenesse, slitte each plum on the one side from the toppe to the bottome, and then lay them abroad in the sun: but if they be of the bigger sort, then giue either plum a slitte on each side: and if the sun doe not shine sufficiently during the practice, then dry them in an ouen that is temperately warme.

*47. How to keepe apples, peares, quinces,  
wardens, &c. all the yeere, dry.*

**P**Are them, take out the coares, and slice them in thinne slyces  
lay.

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laying them to dry in the Sunne  
in some stone or metalline dishes,  
or vpon a high frame covered with  
course canvas, now and then tur-  
ning them, and so they will keep all  
the yeare.

*48. To make Greene Ginger,  
vpon sirup.*

**T**Ake Ginger one pound, pare it  
cleane, steepe it in red wine and  
vinegar equally mixed, let it stand so  
twelue daies in a close vessell, & eue-  
ry day once or twice stirre it vp and  
down, then take of wine one gallon,  
and of vinegar a pottle, seeth all to-  
gether to the consumption of a moi-  
tie or halfe, then take a pottle of clean  
clarified honey or more, & put ther-  
unto, and let them boile well toge-  
ther, then take halfe an ounce of Saf-  
fron finely beaten, and put it thereto  
with some sugar if you please.

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*49. To make sucket of greene  
Walnuts.*

**T**Ake Walouts when they are  
no bigger than the largest ha-  
fill nut, pare away the vppermost  
greene, but not too deepe, then  
seeth them in a pottle of water till  
the water be sodden away, then take  
so much more of fresh water, and  
when it is sodden to the halfe, put  
thereto a quart of vinegar, & a pot-  
tle of clarified honey.

*50. To make conserue of Prunes or  
Damsons.*

**T**Ake ripe Damsons, put them  
into scalding vvater, let them  
stand a while, then boyle them o-  
uer the fire til they breake, then  
straine out the vvater through a  
colander, and let them stand there-  
into coole, then straine the Dam-  
sons through the colander; taking  
away

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away the stones and skinned, then sette the pulpe ouer the fire againe, and put thereto a good quantitie of redde wine, and boyle them well to a stiffnesse, euer stirring them vp and downe, and when they are almost sufficiently boyled, put in a convenient proportion of sugar, stir all well together, and after put it in your gally pots.

*51. To make conserue of strawberries.*

**F**irst seeth them in water, and then cast away the water, and straine them, then boyle them in white wine, and worke as before in damsons, or else straine them being ripe, then boyle them in wine and sugar till they be stiffe.

*52. Conserue of prunes or Damsons made another way.*

**T**Ake a pottle of Damsons, prick them and put them into a pottle;  
put

*Conseruing, candying, &c.*

putting thereto a pint of Rosewater or wine, and couering your pottle let them boyle well, then incorporate them by stirring, and when they bee tender let them coole, and straine them with the liquour also, then take the pulpe and set it ouer the fire, and put thereto a sufficient quantitie of sugar, and boyle them to their height or consistencie, and put it vp in gally pots, or iarre glasses.

*53. How to candy Ginger, Nutmegs, or any roots or flowers.*

**T**Ake a quarter of a pound of the best refined sugar, or sugar candy which you can get, powder it, put thereto two spoontuls of Rosewater, dip therein your Nutmegs, Ginger, rootes, &c. being first loddin in faire water till they bee soft and tender, the oftner you dip them in your sirup, the thicker the candie will be, but

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but it will be the longer in candying your sirrup must be of such stiffness, as that a droppe thereof being let fall vpon a pewter dish, may congeale & harden beeing cold.

You must make your sirrup in a chafing dish of coales, keeping a gentle fire: after your sirrup is once at his full height, then put them vpon papers presently into a stoue, or in dishes, continue fire some tenne or twelue dayes, till you finde the candie hard & glistering like diamonds; you must dip the red rose, the gillow flower, the marigold, borrag flower, and all other flowers but once,

*24. The Art of Comfetmaking, teaching how to cower all kinds of seeds, fruits, or spices with sugar.*

**F**irst of all you must haue a deepe bottomed bason of fine cleane brasle or latton, with two eares of Iron to hang it with two seuerall cordes

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cords ouer a bason or earthen panne with hote coales.

You must also haue a broad panne to put ashes in, and hot coales vpon them.

You must haue a cleane latten bason to melt your sugar in, or a faire brasen skillet.

You must also haue a fine brasen ladle, to let runne the sugar vpon the seedes.

You must also haue a brasen flice, to scrape away the sugar from the hanging bason if needs require.

Hauiug all these necessary vessels and instruments, worke as followeth.

Choose the whitest, finest, and hardest sugar, and then you neede not to clarifie it, but beate it onely into fine powder that it may dissolve the sooner.

But first make all your seedes very cleane, and dry them in your hanging bason.

D

Take

*The Arte of preserving.*

Take for every two pound of sugar, a quarter of a pound of Annis-seedes, or Coriander seedes, & your comfits will be great enough: and if you will make them greater, take halfe a pound more of sugar, or one pound more, and then they will bee faire and large.

And halfe a pound of Annis seedes with two pound of sugar, will make fine small comfits.

You may also take a quarter and a halfe of Annis seedes, and three pounde of Sugar, or halfe a pound of Annis seedes, and foure pounde of Sugar. Doe the like in Coriander seedes.

Melt your sugar in this manner, viz. Put three poundes of your powder sugar into the balon, and one pinte of cleane running vwater thereunto, stirre it well with a brassen slice, vntill all be moist and well wet, then sette it over the fire without smoke or flame, and melt it vwell, that there bee no whole grif-



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gristie sugar in the bottome, and let it seeth mildely, vntill it will streame from the ladle like Turpentine, with a long streame and not drop, then it is come to his decoction, let it seeth no more, but keepe it vpon hot imbers that it may runne from the ladle vpon the seales.

To make them speedily. Let your water be seething hote, or seething, and put powder of sugar vnto them, cast on your sugar boyling hot: haue a good warme fire vnder the hanging bason.

Take as much water to your sugar, as will dissolue the same.

Neuer skimme your sugar if it be cleane and fine.

Put no kind of starch or Amylum to your sugar.

Seeth not your sugar too long, for that will make it blacke, yellow, or tawnie.

Mouethe seedes in the hanging bason as fast as you can or may,

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when the sugar is in casting.

At the first coate put on but one halfe spoonesfull with the ladle, and all to moue the bason, moue stir and rubbe the seedes with thy left hand a pretty vvhile, for they will take sugar the better, and dry them well after euery coate.

Doe this at euery coate, not onely in moouing the bason, but also with the stirring of the comfits vwith the left hand and drying the same: thus dooing you shall make good speed in the making: as, in euerie three houres you may make three pound of comfits.

And as the comfits doe increase in greatnesse, so you may take more Sugar in your ladle to cast on. But for plaine comfits let your Sugar be of a light decoction last, and of a higher decoction first, and not too hote.

For crispe and ragged comfits, make your sugar of a high decoction, euen as high as it may runne from

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from the ladle, and let it fall a foote high or more from the ladle, and the hotter you cast in your sugar, the more ragged will your comfits bee. Also the comfits will not take so much of the sugar as they will vpon a light decoction, and they will keepe their raggednes long.

This high decoction must serue for eight or tenne coates in the end of the worke, and put on at euerie time but one spoonefull, and haue a light hand with your bason, casting on but little sugar.

A quarter of a pound of Coriander seedes, and three pound of sugar will make great, huge, and bigge comfits.

See that you keepe your Sugar alwaies in good temper in the bason, that it burne not into lumpes or gobbets: and if your sugar bee at any time too high boyled, put in a spoonefull or two of water, and keepe it vvarily with the ladle, and let your fire alwayes bee vvithout

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smoke or flame.

Some commend a ladle that hath a hole in it to let the sugar run through of a height: but you may make your comfits in their perfect forme and shape onely with a plaine ladle.

When your comfits bee made, sette your dishes with your comfits upon papers in them, before the heate of the fire or in the hote sunne, or in an Ouen after the bread is drawne, by the space of an houre or two, and this will make them very white.

Take a quarter of a pounce of Annis seedes, and two poundes of Sugar, and this proportion will make them very great, and euen a like quantitie take of Carrowaie seede, Fennell seede, and Coriander seede.

Take of the finest Cinamon, and cut it into prettie small sticks being dry, and beware you vsette it not, for that deadeth the  
the

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the Cinamon, and then worke as in other comfits. Do this with Orange rindes likewise.

Worke vpon Ginger, Cloues, and Almonds, as vpon other seeds.

The smaller that Annis seed comfits be, the fairer, the harder, and so in all other.

Take the powder of fine Cinamon two drammes, of fine muske dissolved in a little vwater one scruple, mingle these all together in the hanging bason, and cast them vpon Sugar of a good decoction, then with thy left hand moue it to and fro, and dry it well: doe this often, vntill they bee as great as Poppy seedes, and giue in the end three or foure coates of a light decoction, that they may bee rounde and plaine, and with an high decoction you may make them crispe.

You must haue a coorse searce made for the purpose with hayre or with parchment full of holes to

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part and diuide the comfits, into seuerall sorts.

To make paste for comfits. Take fine grated bread foure ounces, fine elect Cinamon powdred halfe an ounce, fine ginger powder one dramme, saffron powdred, a little; white sugar two ounces, and a few spoonesfulls of borrage vvater, seeth the water & the sugar together, and put to the Saffron, then first mingle the crummes of bread, and the spices well together, dry them, put the liquour scalding hote, vpon the stuffe, and beeing hote labour it with thy hand, and make balles or other formes thereof, dry them and couer them as comfits.

Coriander seedes two ounces, sugar one pound and a halfe, maketh very faire comfits.

Annis seedes three ounces, Sugar halfe a pound, or annis seedes two ounces, & sugar 6. ounces, will make faire comfits.

Euerie dram of fine Cinamon, wil

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will take at the least a pound of sugar for biscuits, and likewise of sugar or ginger powder.

Halfe an ounce of grosse Cinnamon will make almost three drams of fine powder searced, after it is well beaten.

Sugar powder one ounce will take at the least a pound of sugar to make your biscuits faire.

Carrowayes vwill bee faire at 12. coates.

Put into the Sugar a little Amylum dissolved for five or sixe of the last coates, and that will make them exceeding crispe: and if you put too much Amylum or starch to the comfits which you would have crispe, it will make them flat & smooth.

In any other confection of pasted Sugar mixed with gumme Dragagant, put no kinde of Amylum: beware of it, for it will make the worke clammie.

To make red comfits, seeth three

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or foure ounces of Brasell with a little water: take of this red water foure spoonefulls, of sugar one ounce, and boile it to his decoction, then giue fixe coates, and it will be of a good colour, or else you may turne so much water with one dram of turnsole, doing as before.

To make greene comfits, seeth sugar with the iuice of beets.

To make them yellow, seeth saffron with sugar.

In making of comfits, alwaies when the water dooth seeth, then put in your Sugar powder, and let it seeth a little vntill it be cleane dissolved, and boyled to his perfect decoction and that the whitenes of the colour bee cleane gone: and if you let it settle, you shall see the Sugar somewhat cleare.

For biskets take two spoonefulls of liqour, of sugar searced in a course searce one dram, and of sugar powder to bee molt and cast one ounce. This doone will make the biskets



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biskets somewhat faire, and somewhat greater than poppy seeds.

*Aliter.* Take Sugar powder foure drammes, sugar to cast foure ounces with liquor sufficient, lay gold or silver on your comfits.

Euery dramme of sugar powder will take an ounce of sugar to be cast: eight drams make one ounce. To thus much powder for biskets take halfe a pound of sugar to cast thereon.

Coriander seedes a quarter of a pound, sugar three pound, Coriander seedes halfe a pound, sugar 3. drams, will make faire comfits.

For biskets, Annis seedes halfe a pound, Fennell-seedes a quarter of a pound, and sugar two pound sufficient.

In sixe or eight of the last coates put in two spoonefuls of sugar very hote to make them crispe.

To one pound of sugar take nine ounces of water.

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*55. To make a cullis as white as snowe,  
and in the nature of gelly.*

**T**Ake a Cock, scalde, wash and drawe him cleane, seeth it in White-wine or Rhenish wine, skum it cleane, clarifie the broth after it is strained, then take a pint of thick and sweet cream, straine that to your clarified broth, and your broth will become exceeding faire & white: then take powdred ginger, fine white sugar and rosewater, seething your cullis when you season it, to make it take the colour the better.

*56. To make wafers.*

**T**Ake a pint of flower, put into it a little creame with two yolks of eggs and a little Rosewater, with a little searced Cinamon & sugar, worke them all together and bake the paste vpon hot Irons.

*57. To*

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*57. To make Almond butter.*

**B**lanch your Almonds, and beate them as fine as you can with faire water, two or three houres, then straine them through a linnen cloth, boile them with Rosewater, vvhole mace and annis seedes till the substance bee thicke: spread it vpon a faire cloth, dreining the whey from it, after let it hang in the same cloth some few houres, then straine it and season it with Rosewater and sugar.

*58. A white gelly of Almonds.*

**T**Ake Rosewater, gumme Dragagant dissolued, or Isinglasse dissolued, and some Cinamon grossely beaten, seeth them all together, then take a pound of Almonds, blanch and beate them fine with a little faire water, drie them in a faire cloth: and put your

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your water aforelaide into the Almonds, seeth them together and stir them continually, then take them from the fire, when all is boiled to a sufficient height.

*59. To make Leach.*

**S** Eeth a pint of Creame, and in the seething put in some dissolued Isinglas, stirring it vntill it bee verie thicke, then take a handfull of blanched Almonds, beat them and put them in a dish with your Creame, seasoning them with sugar, and after slice it and dish it.

*60. Sweet Cakes without either Spice or sugar.*

**S** Cripe or washe your parsneps cleane, slice them thinn, drie them vppon Canuas or net-work frames, beate them to powder mixing one third thereof with two thirds

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thirds of fine wheate flower, make  
vp your paste into coares, and you  
shall finde them very sweet and deli-  
cate.

*61. Roses and Gilliflowers kept long.*

**C**ouer a Rose that is fresh, and  
in the bud, and gathered in a  
faire day after the dewe is ascen-  
ded, with the whites of egges well  
beaten, and presently strew thereon  
the fine powder of searced Sugar, &  
put them vp in luted pots. setting the  
pots in a coole place in sand or gra-  
uell. With a fillippe at any time you  
may shake off this inclosure.

*62. Grapes growing all the yeere.*

**P**VT a Vine stalke through a  
Basket of earth in December,  
which is likelic to beare Grapes,  
that

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that yeare, and vwhen the grapes are ripe, cut off the stalke vnder the basket (for by this time it hath taken roote) keepe the basket in a vva me place, and the grapes will continue fresh and faire a long time vpon the vine.

*63. How to dry Ro'sleaves, or any other single flower without wrinkling.*

**I**F you would performe the same wel in rose leaues, you must in rose time make choise of such roses as are neither in the budde, nor full blowne (for these haue the smoothest leaues of all other) which you must especially cull and choose from the rest. Then take right Callis sand, wash it in some change of vvaters, and dry it thoroughly vell, either in an oven, or in the sunne; and huiug shallow square or long boxes of 4. 5. or 6. inches deepe, make first an euen lay of sand in the bottome, vpon the  
which

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which lay your Roseleaves one by one ( so as one of them touch o-ther ) till you haue covered all the sand, then strowe sand vpon those leaues till you haue thinly covered them all, and then make another lay of leaues as before, and so lay vpon lay, &c.

Set this boxe in some warme place in a hote sunny day, (and common-lic in two hote sunny dayes they will bee thorough dry ) then take them out carefully with your hand without breaking. Keepe these leaues in larre glasses, bound about with paper, neere a chimney, or stoue, for feare of relenting.

I find the Red-rose leafe best to be kept in this manner; also take away the stalks of pansies. stock gilliflow-ers, or other single flowers, prick the one by one in sand, pressing downe their leaues smooth with more sand layde euently vpon them. And thus you may haue Rose-leaues, and other flowers to lay about your  
ba.

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basons, windowes, &c. all the vvinter long. Also this lecret is very requisite for a good simplifier, because hee may dry the leafe of any hearbe in this manner, and lay it being dry in his Herball with the simple which it representeth whereby hee may easily learne to knowe the names of all simples which he desireth.

*64. Clusters of Grapes kept till Easter.*

**C**lusters of Grapes hanging vpon lines vvithin a close presse will last till Easter. If they shrinke, you may plumpe them vppe with a little warme vvater before you eate them.

Some vse to dippe the ends of the stalks first in pitch: som cut a branch of the vine with euery cluster, placing an apple at each end of the branch: now and then renewing those apples as they rotte, & after hanging them within a presse or cupboard, vvich would



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would stand in such a room (as I suppose) where the grapes might not freeze: for otherwise you must be forced now and then to make a gentle fire in the room, or else the grapes will rot and perish.

*65. How to keepe Walnuts a long time plumpe and fresh.*

**M**AKE a lay of the dry stampings of crabbes when the verjuice is pressed from them, couer that lay with Walnuts, & vpon them make another lay of stampings, and so one lay vpon another till your vessel be full wherein you mean to keep them. The Nuts thus kept, will pill as if they were new gathered from the tree.

*66. An excellent conceit vpon the kernels of dry Walnuts.*

**G**ather not your Walnuts before they be full ripe, keep the with-  
OUT

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out any Art vntill Newyeeres tide, then breake the shelles carefully, so as you deface not the kernells (and therefore you must make choise of such nuts as haue thin shelles) whatsoever you finde to come away easilie, remoue it: steep these kernells in conduit water, forty eight houres, then will they swell and growe verie plumpe and faire, and you may pill them easily, and present them to any friend you haue for a Newyeeres gift: but being pilld, they must be eaten within two or three houres, or else they lose their whiteness & beautie, but unpilled, they will last two or three dayes faire and fresh.

This of a kinde Gentlewoman, whose skill I doe highly commend, and whose case I doe greatly pitie; such are the hard fortunes of the best wits and natures in our dayes.

*67. How to keepe Quinces in a most excellent manner.*

Make

*Conseruing, candying, &c.*

**M**AKE choise of such as are sound, and gathered in a faire, dry and sunny day, place them in a vessell of wood, containing a firkin or thereabout, then couer them with pennie ale, and so let them rest: and if the liquor carry any badde scum, after a day or two take it off: euery tenne or twelue dayes let out your penny ale at a hole in the bottome of your vessell, stoppe the hole and fill it vp againe with fresh penny ale, you may haue as much for two pence at a time as will serue for this purpose: these Quinces being baked at Whitsonside, did taste more daintily the any of those which are kept in our vsuall decoctions or pickles.

Also if you take white wine Lees that are neat (but then I feare you must get them of the Marchant, for your Tauerns doe hardly afford any) you may keepe your Quinces in them very faire and fresh all the yeare, and therein may  
you

*The Arte of preserving,*

you also keep your barberries both full and faire coloured.

*68. Keeping of Pomegranats.*

**M**Ake choise of such Pomgranates as are sound and not prickt as they reatme it, lap them ouer thinly with wax, hang them vpon nayles, where they may touch nothing, in some cupboard or closer in your bedde-chamber, where you keepe a continuall fire, and euerie 3. or 4. dayes turne the vnder sides vppermost: and therefore you must so hang them in packthred, that they may haue a bowe knot at either end. This way Pomgranates haue beene fresh till Whitson tide.

*69. Preseruing of Artichokes.*

**C**Ut off the stalkes of your Artichokes within two inches of the Apple; and of all the rest of the stalkes make a strong decoction

Conserving, candying, &c.

tion, slicing them into thin and small peeces, and keepe them in this decoction: when you spend them, you must lay them first in warme vvater, and then in cold, to take away the bitternesse of them. This I learned of Master *Parsons*, that honest and painefull practicer in his profession.

In a milde and warme vvinter about a moneth or three weekes before Christmasse, I caused great store of Artichokes to bee gathered with their stalkes in their full length as they grewe, and making first a good thicke lay of Artichoke leaues in the bottome of a great and large vessell, I placed my Artichokes one vpon another as close as I could couch them, couering them ouer of a prettie thicknesse with Artichoke leaues.

These Artichokes were serued in at my table all the Lent after, the apples beeing red and sound, onely the tops of the leaues a little vaded, which

*The Arte of preserving,*  
I did cut away.

70. *Fruit preserved in pitch.*

**D**Wayberries that doe somewhat resemble blacke cheiries, called in Latine by the name of *Solanum lethale*, being dipped in molten pitch, being almost cold, and before it congeale and harden again, and so hung vp by their stalkes, will last a whole yeere. *Probat. per M. Parsons*, the Apothecarie. Prooue vwhat other fruites will also bee preserved in this manner.

71. *To make Clove or Cinamon Sugar.*

**L**Ay peeces of sugar in close boxes amongst sticks of Cinamon, cloues, &c. and in a short time it will purchase both the taste and sent of the spice. *Probat. in cloues.*




*Concerning candying, &c.*

*72. Hasell Nuts kept long.*

**A** Man of great yeares and experience assured mee, that Nuts may be kept a long time with full kernels, by burying them in earthen pottes well stoppt, a foote or two in the ground: they keepe best in grauellie or sandie places. But these Nuts I am sure will yeeld no oyle as other nuts will, that waxe drie in the shells with long keeping.

*73. Chestnuts kept all the yeare.*


**A**fter the bread is drawn, disperse your nuts thinly over the bottom of the Ouen, & by this meanes the moisture beeing dried vp, the Nuts will last all the yeare: if at anie time you perceiue them to relent, put them into your Ouen againe as before.

## Secrets in Distillation.

### *1. How to make true spirit of wine.*

**T**ake the finest paper you can get,  
or else some Virgine parchment,  
straine it very right and stiffe ouer the  
glasse body, wherein you put your  
sack, malmſie or muskadine, oile the  
paper or Virgine parchment with a  
pensill moistned in the oyle of Ben,  
and distill it in Balneo with a gentle  
fire, and by this meanes you shall  
purchase onely the true spirit of wine.  
You shall not haue aboue two or  
three ounces at the most out of  
a gallon of wine, which ascendeth in  
the forme of a clowde, without any  
dewe or reines in the helme : lute  
all





*Secrets in distillation.*

all the ioints well in this distillation.  
This spirit will vanish in the ayre, if  
the glasse stand open.

2. *How to make the ordinarie spirit of  
wine that is sould for five shillings, &  
a noble a pinte.*

**P**Vt sacke, malmesie, or muska-  
dine into a glasse bodie, leauing  
one third or more of your glasse  
empty, set it in balneo, or in a pan of  
ashes, keeping a soft and gentle fire,  
drawe no longer then till all or most  
part will burne away, which you may  
prooue now and then, by setting a  
spoonesfull thereof on fire with a pa-  
per as it droppeth from the nose or  
pipe of the helme: and if your spirit  
thus drawn haue any phlegme there-  
in, then rectifie or redistill that spirit  
again in a lesser body, or in a bolt re-  
ceuer in steed of another body, luting  
a small head on the top of the Steele

*Secrets in distillation.*

thereof, & so you shall haue a very strong spirit: or else for more expedition, distill five or sixe gallons of wine by Lymbecke: and that spirit, which ascendeth afterward, redistill in glasse as before.

*3. Spirits of spices.*

**D**istill with a gentle heat either in balneo, or ashes, the strong and sweet water, wherewith you haue drawne oyle of cloues, mace, nutmegs, Iuniper, Rosemary, &c. after it hath stood one moneth close stoppt, and so you shall purchase a most delicate Spirit of each of the said aromaticall bodies.

*4. Spirit of wine, tasting of what vegetable you please.*

**M**acerate Rosemary, Sage, sweete Fennell seeds, Maio-  
ram, Lemmon or Orenge pils, &c.  
in

*Secrets in distillation.*

in spirit of wine a daie or two, and then distill it ouer againe vntill you haue rather haue it in his proper colour: for so you shall haue it vpon the first infusion without anie farther distillation: and some young Alchymists doe hold these for the true spirits of vegetables,

*5. How to make the water which is usually called Balme-water.*

**T**O euery gallon of Claret wine put one pound of greene balme. Keep that which commeth first and is clearest, by it selfe: and the second and whiter sort which is weakest and commeth last, by it selfe: distill in a pewter Lymbeck luted with paste to a brasse pot. Draw this in May or Iune when the hearb is in his prime.

*6. Rosa-solis.*

**T**Ake of the hearbe Rosa-solis gathered in Iulie one gallon,  
E 3                      picke

*Secrets in distillation.*

picke out all the blacke moates from the leaues, Dates halfe a pounde Cinamon, Ginger, Cloues of each one ounce, graines halfe an ounce, fine suger a pound and a halfe, red Rose leaues, greene or dryed foure handfulls, steepe all these in a gallon of good Aqua Composita in a glasse close stopped with waxe, during twentie dayes, shake it well together once euery two dayes. Your sugar must bee powdred, your spices bruised onely, or grossely beaten, your Dates cut in long slices the stones taken away. If you adde two or three graines of Amber greece, and as much muske, in your glasse amongst the rest of the Ingredients, it will haue a pleasant smell. Some adde the gum amber with corall and pearle finely powdred, and fine leafe golde. Some vse to boyle Ferdinando bucke in Rose-water, till they haue purchased a faire deepe crimson colour, and when the same is colde, they

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they colour their Rosa-solis & Aqua  
Rubea therewith.

*7. Aqua Rubea.*

**T**Ake of muske fixe graines, of  
Cinamon and Ginger of each  
one ounce, white sugar candy one  
pound, powder the sugar, and bruse  
the spices grossely, binde them vp  
in a cleane linnen cloth, and put them  
to infuse in a gallon of Aqua com-  
posita in a glasse close stopped twen-  
ty foure houres, shaking them toge-  
ther diuerse times, then put thereto  
of turnesole one dramme, suffer it to  
stand one houre, and then shake all  
together: then if the colour like you  
after it is settled, poure the cleereſt  
forth into another glasse: but if you  
will have it deeper coloured, suffer it  
to worke longer vpon the turnesole,

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8. D. Steuens *Aqua composita.*

**T**Ake a gallon of Gascoign wine,  
of Ginger, Galingale, Cinamon,  
Nutmegs and graines, Annis seedes,  
Fennell seeds, and Carroway seeds,  
of each a dram; of Sage, Mints, red  
Roses, Thyme, Pellitory, Rosmary,  
wilde Thyme, Camomill, Lauender,  
of each a handefull: bray the spices  
small, and bruise the hearbes, letting  
them macerate 12. houres, stirring  
it now and then, then distill by a lim-  
becke of pewter, keeping the first  
cleare water that commeth, by it  
selfe, and so likewise the second.  
You shall drawe much about a pint  
of the better sort from euery gallon  
of wine.

9. *Vsqe-bath, or Irish Aqua vita.*

**T**O euery gallon of good Aqua  
Composita, put two ounces of  
chosen

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chosen liquorice bruised, and cut into small peeces, but first cleansed from all his filth, and two ounces of Annis seedes that are cleane and bruised: let them macerate five or sixe daies in a wooden vessell, stopping the same close, and then drawe off as much as will runne cleere dissolving in that cleere Aqua vitæ five or sixe spoonesfulls of the best Malassoes you can get: Spanish Cute, if you can get it, is thought better then Malassoes: then put this into another vessell; and after three or foure daies (the more the better) when the liquor hath fined it selfe, you may vse the same: some adde Dates and Raisins of the Sun to this receipt; those grounds which remaine you may redistill and make more Aqua composita of them, and of that Aqua composita you may make more Vsque-bath.

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*10. Cinamon water.*

**H**Auing a Copper body or  
brasse pot that will hold 12.  
gallons, you may well make  
two or three gallons of Cinamon wa-  
ter, at once. Put into your bodie ouer  
night sixe gallons of conduit water,  
and two gallons of spirite of wine,  
or to saue charge two gallons of  
spirite drawne from wine Lees, Ale,  
or lowe wine, sixe pounce of the  
best and largest Cinamon you can  
get, or else eight pound of the se-  
cond sort well brused, but not bea-  
ten into powder: lute your Lym-  
becke, and beginne with a good fire  
of wood and coals, till the vessell be-  
ginne to distill, then moderate your  
fire, so as your pipe may drop apace,  
and runne trickling into the recei-  
uer, but not blowe at any time: it  
helpeth much heerein to keepe the  
water



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water in the bucket, nor too hot, by  
often change thereof: it must neuer  
be so hote but that you may well en-  
dure your finger therein. Then diuide  
into quart glasses the spirite which  
first ascended, and wherein you finde  
either no taste or very small taste of  
the Cinamon: then may you boldly  
after the spirit once beginneth to  
come strong of the Cinamon, drawe  
vntill you haue gotten at the least a  
gallon in the receiuer, and then di-  
uide often by halfe pints and quarters  
of pintes, least you drawe too long:  
which you shall know by the faint  
taste and milkie colour which distil-  
leth in the ende: this you must now  
and then taste in a spoone. Now  
when you haue drawne so much  
as you finde good, you may adde  
therunto so much of your spirite  
that came before your Cinamon  
water, as the same will well beare:  
which you must finde by your taste.  
But if your spirite and your Cina-  
mon be both good, you may of the  
afore

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aforesaid proportion will make vp  
two gailons, or two gallons and a  
quart of good Cinamon water.  
Heere note that it is not amisse to  
oblerue which glasse was first fil-  
led with the spirit that ascended,  
and so of the second, third, and  
fourth: and when you mixe, begin  
with the last glasse first, and so with  
the next, because those haue  
more taste of the Cinamon then  
that which came first, and there-  
fore more fit to bee mixed with  
your Cinamon water. And if you  
meane to make but 8. or 9. pintes  
at once, then begin but with the  
halfe of this proportion. Also that  
spirit which remaineth vnmixed  
doth serue to make Cinamon wa-  
ter the second time. This way I  
haue often proued and found most  
excellent: take heede that your  
Lymbecke bee cleane and haue no  
manner of sent in it, but of wine or  
Cinamon, and so likewise of the  
glasses, funnelles and pots which  
you

*Secrets in distillation.*

you shali vſe about this worke.

1. *How to distill Iſope, Thyme, Lauender, Roſemary. &c. after a newe and excellent manner.*

**H**Auing a large pot containing 12. or 14. gallons with a Lymbecke to it, or else a copper bodie with a serpentine of 20. or 24. gallons, and a copper head, beeing such a vessel as is commonly vſed in the drawing of Aqua vitæ, fill two partes thereof with faire water, and one other thirde parte with such hearbes as you would distill, the hearbes beeing eyther moist or drie it skilleth not greatly whether, let the hearbes mace- rate all night, and in the morning begin your fire; then distill as be- fore in Cinamon water, beeing carefull to giue change of waters to your colour alwaies as it needeth: drawe no longer then you feele a strong and sensible taste of the

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the hearbe which you distill; alwaies diuiding the stronger from the weaker, and by this meanes you shall purchase a water farre excelleng any that is drawne by a common pewter still; you may also gather the oyle of each hearbe which you shall finde floating on the top or summitie of your water. This course agreeth best with such hearbes as are not in taste, and will yeeld their oyle by distillation.

*12. How to make the salt of hearbs.*

**B**Urne whole bundles of dried Rosemary, Sage, Ilop, &c. in a cleane ouen, and when you haue gathered good store of the ashes of the hearbe, infuse warme water vpon them, making a strong and sharpe Lee of those ashes, then evaporate that Lee, and the residue or settling which you finde in the bottom thereof, is the salt which you seeke for. Some vse to filter this Lee  
diuers

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diuerſe times before euaporation,  
that their ſalt may bee the cleerer and  
more transparent. This ſalt accor-  
ding to the nature of the hearbe hath  
great effects in phyſicke.

*13 Spirit of hony.*

**P**Vt one part of hony to five parts  
of water: when the water boy-  
leth, diſſolue your honey therein,  
skimme it, and hauing ſodden an  
houre or two, put it into a wodden  
veſſell, and when it is but blood-  
warme, ſet it on worke with yeaſt  
after the vſuall manner of Beere and  
Ale: tunne it, and when it hath lyen  
ſome time, it will yeelde his ſpirite  
by diſtillation; as wine, beere, and  
Ale will doe.

*14. To diſtil Roſewater at Michaelmas.  
and to haue as good yeeld as at any o-  
ther time of the yeare.*

*In*

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**I**N the pulling of your Roses first I diuide all the blasted leaues, then take the other fresh leaues, and laie them abroad vpon your table or windowes with some cleane linnen vnder them, let them lie 3 or foure houres, or if they bee dewy vniill the dewe bee fully vanished: put these Rose leaues in great stone pottes, hauing narrow mouthes, and well leaded within, (such as the Goldfiners call their hookers, and serue to receiue their Aqua fortis, bee the best of all others that I knowe) and when they are well filled, stop their mouthes with good corkes, eyther covered all ouer with waxe or molten brimstone, and then set your pot in some coole place, and they will keepe a long time good, and you may distill them at your best leisure. This waie you may distill Rose water good cheape, if you buy store of Roses, when you finde a glutte of them in the market, where.

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whereby they are sold for 7. pence  
or 8. pence the bushell, you then  
engrosse the flower. And some  
hold opinion, that if in the middelt  
of these leaues you put some bro-  
ken leauen, and after fill vpp the  
pot with Rose leaues to the toppet,  
that so in your distillation of them  
you shall haue a perfect Rose vine-  
gar without the addition of anie  
common vinegar. I haue knowne  
Rose leaues kept well in Rondlets,  
that haue beene first well seasoned  
with some hot liquor & Rose leaues  
boiled together, and the same pitched  
ouer on the outside, so as no  
ayre might penetrate or pearce the  
vessell.

*15. A speedy distillation of Rosewater.*

**S**Tampe the leaues, and first di-  
still the iuice beeing expressed,  
and after distill the leaues, and so  
you shall dispatch more with one  
Still, then others doe with three or  
four

*Secrets in distillation.*

four stills. And this water is every way as medicinable as the other, serving in all sirups, decoctions, &c. sufficiently, but not altogether so pleasing in smell.

16. *How to distill wine vinegar or good Alizar, that may bee both cleare and sharpe.*

[ Knowe it is an vsuall manner among the Novices of our time to put a quart or two of good vinegar into an ordinary leaden still, and so to distill it as they doe all other waters. But this way I doe utterly dislike, both for that here is no separation made at all, and also because I feare that the Vinegar dooth carry an ill touch with it, either from the leaden bottome or pewter head, or both. And therefore I could wish rather that the same were distilled in a large bodie of glasse with a head or receiuer, the same beeing placed in sand or ashes



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shes. Note that the best part of the vinegar is the middle part that ariseth for the first is faint and phlegmatick, and the last will taste of adustion, because it groweth heavy toward the latter end, and must be vrged vp with a great fire, and therefore you must now & then taste of that which commeth both in the beginning and towards the latter end, that you may receiue the best by it selfe.

*17. How to drawe the true spirit of  
Roses, and so of all other herbes  
and flowers.*

**M**acerate the Rose in his owne  
juyce, adding thereunto being  
temperately warme, a conuenient  
proportion either of yeast or fer-  
ment, leane them a few daies in fer-  
mentation, till they haue gotten a  
strong & heady smell, beginning to  
incline towards vinegar, then distill  
them in balneo in glasse bodies lu-  
ted to their helmes (happely a lim-  
becke

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becke will doe better and rid faster) and drawe so long as you finde any sent of the Rose to come, then redistill or rectifie the same so often till you haue purchased a perfect spirit of the Rose. You may also ferment the iuice of Roses onely, and after distill the same,

*18. An excellent Rosewater.*

**V**Pon the top of your glasse bodie, straine a haire cloth, and vpon that lay good store of Rose-leaves, either drie, or halfe drie: and so your water will ascend verie good both in smell and in colour. Distill either in balneo, or in a gentle fire in ashes, you may reiterate the same vvater vpon fresh leaues. This may also bee done in a leaden still, ouer which by reason of the breadth you may place more leaues.

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19. *An excellent way to make the extract of all Vegetables.*

**E**Xpresse a good quantity of the iuice therof, set it on the fire, and giue it onely a walme or two, then it will grow clear: before it bee cooled, poure away the cleared, filter with a peece of cotton & then evaporate your filtered iuice, till it come to a thicke substance and thus you shall haue a most excellent extract of the Rose, Gilloflower, &c. with the perfect sent and taste of the flower; whereas the common waie is to make the extract either by the spirit of wine, faire water, the water of the plant, or some kind of menstruum.

20. *To make a water smelling of the Eg-lantine, Gilloflowers &c.*

**D**Rie the hearbe or flower, and distill the same in faire water

in a Limbecke, drawe no longer then you finde sent in the water that issueth, reiterate that water vpon fresh hearbes, & distill as before, diuiding the sweetest from the rest.

*21. A Scottish handwater.*

**P**Vt Thyme, Lauender and Rosemary confusedly together, then make a lay of thicke wine Lees in the bottome of a stone pot, vpon which make another lay of the saide hearbes, and then a lay of Lees, and so forward: lute the pot well, bury it in the ground for 6. weekes, distill it, and it is called Dames water in Scotland. A little thereof put into a basin of common water maketh very sweete washing water.

*22. How to draw the blood of hearbs.*

**S**Tampe the hearbe, put the same into a large Glasse, leauing two parts empty (some commend the iuyce

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juice of the hearbe onely) nip or else  
lure the glasse very well, digest it in  
balneo, fifteen or sixteene daies, and  
you shall finde the same very red, di-  
vide the warrish part, and that which  
remaineth is the blood or essence of  
the hearbe.

*23. Rosewater and yet the Roseleaves  
not discoloured.*

**Y**ou must distill in balneo, and  
when the bottome of your pew-  
ter Still is through hot, put in a few  
leaves at once and distill them: watch  
your still carefully, and as soone as  
those are distilled put in more. I know  
not whether your profit will requite  
your labour, yet accept of it as a new  
conclusion.

*24. How to recover Rosewater, or any  
other distilled water that hath got-  
ten a mother, and is in danger to bee  
musty.*

*Infuse*

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**I**Nduce your water vpon fresh Rose  
leaves, or vpon Rose cakes bro-  
ken all in peeces, and then after  
maceration for three or foure houres  
with a gentle fire, redistill your wa-  
ter. Do this in a Limbeck, take heed  
of drawing too long for burning,  
vnlesse your Lymbecke stand in bal-  
anco.

25. *To draw both good Rosewater, and  
oyle of Rose together.*



**A**Fter you haue digested your  
Rose leaves by the space of 3.  
moneths, *scilicet ante, num. 13.* either  
in barrells or hookers, , then distill  
them with faire water in a Limbecke,  
draw so long as you can find any ex-  
cellent smell of the Rose, then di-  
uide the fattie oyle that flecteth on  
the top of the Rose-water, and so  
you haue both excellent oyle of  
Roses, and also good Rose water  
together, and you shall also haue  
more water then by the ordinarie  
way,

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way, and this Rosewater extendeth  
farther in physcally compositions,  
and the other serueth best for per-  
fumes and casting bottles. You may  
also distill the oyle of *Lignum Rhodi-  
um* this way, sauing that you shall  
not neede to macerate the same a-  
bout 24. houres in your water or  
menstruum before you distill: this  
oyle hath a most pleasing smel  
in a manner equall  
with the oyle  
of Roses.

F

Coo-




## COOKERY AND Huswifery.

### 1. *To souse a yong Pig.*

**T**AKE a young Pig being scalded,  
boyle it in faire water and white  
wine, put thereto some Bay-leaves,  
some whole Ginger, and some Nut  
megs quartered, a few whole Cloues.  
boyle it thoroughly, and leaue it in the  
same broth in an earthen pot.

### 2. *Aliter.*

**T**AKE a Pig beeing scalded, col-  
lar him vppe like brawne, and  
lay your collars in faire cloathes:  
when the flesh is boyled tender,  
take





*Cookery and Huswifery.*

take it out, and put it in colde water and salt, and that will make the skin white : make *lowsing* drinke for it, with a quart of white wine, and a pottle of the same broth.

3. *To boyle a Flounder or Pickerell, of the French fashon.*

**T**AKE a pinte of white wine, the tops of yong Thyme and Rosemary, a little whole mace, a little whole pepper, seasoned with Veriuce, salt, and a peece of sweet butter, and so serue it : this broth will serue to-boyle fish twice or thrice in.

4. *To boyle Sparowes or Larkes.*

**T**AKE two ladles full of mutton broth, a little whole mace, put in to it a peece of sweet butter, a handfull of Parsly beeing picked, season it with sugar, veriuce, and a little pepper.

F. 2

5. To

*Cookery and Huswifery.*

*5. To boyle a Capon in white  
broth.*

**B**Oyle your Capon by it selfe in faire water, then take a ladlesfull or two of mutton broth and a little white wine, a little whole mace, a bundle of sweete hearbes, a little marrowe, thicken it with Almonds, season it with sugar, and a little verjuice: boyle a few Currans by themselves, and a Date quartered, least you discolour your broth, and put it on the breast of your Capon, Chicken or Rabbet: if you haue no Almonds, thicken it with cream, or with yolks of egges, garnish your dishes on the sides with a Lemmoo sliced and sugar.

*6. To boyle a Mallard, Teale,  
or Wigen.*

**T**AKE mutton broth and put it into a pipken, put into the bellie of

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of the foule a few sweet hearbes and a little mace, sticke halfe a dozen of Cloues i<sup>n</sup> his breast, thicken it with a toste of bread steeped in veriuice, season it with a little Pepper, and a little Sugar: also one Onion minced small is very good in the broth of any water foule.

*7. To boyle a legge of Mutton after the French fashion.*

**T**AKE all the flesh out of your leg of mutton, or at the butte end, preserving the skinn whole, and mince it small with Oxe suet, and marrowe, then take grated bread, sweete Cream, and yoalkes of egges, and a few sweete hearbes, put into it Currans, and Raylins of the sunne, season it with Nutmegs, Mace, Pepper, and a little Sugar, and so put it into the legge of Mutton againe where you tooke it out, and stew it in a pottle with a

*Cookery and Huswifery.*

marrowe bone or two, serue-in the marrowe bones with the stewed-broath and fruite, and serue-in your legge of mutton dry with caret roots sliced, and cast grosse pepper vpon the roots.

*8. To boyle Pigs petitoes on the French fashion.*

**B**Oyle them and slice them, being first rolled in a little batter, your batter beeing made with the yolke of an egge, two spoonesfulls of sweet creame, and one spoonefull of flower, make sawce for it of Nutmeg, Vinegar and Sugar.

*9. To boyle Pigeons with Rice.*

**B**Oyle them in mutton broath, putting sweete hearbes in their bellies, then take a a little Rice and boyle it in creame, with a little whole mace, season it with sugar, lay

*Cookery and Huswifery.*

lay it thicke on their breasts, wringing also the iuice of a Lemmon vpon them and so serue them.

10. *To boyle a chine of veale, or chicken in sharp broth with hearbs.*

**T**AKE a little mutton broth, white wine and veriuice, and a little whole mace, then take Lettuce, Spinage, and Parsley, and bruse it, and put it into your broth, seasoning it with veriuice, pepper and a little sugar, and so serue it.

11. *To make Beasnmanger.*

**T**AKE the brawne of a Capon, toase it like woll, then boyle it in sweet Creame with the whites of two Egges, & being well boyled, hang it in a cloth, and let the whey run from it, then grinde it in an Alabaster mortar with a wooden pestel, then drawe it through a thin strainer

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with the yolkes of two egges, and a little Rosewater, then set it on a chafingdish with coales, mixing foure ounces of sugar with it, and when it is colde dish it vp like Almond butter, and so serue it.

*12. To make a Polonian sawsedge.*

**T**AKE the fillets of a Hog, chop them very small with a handfull of red Sage, season it hote with Ginger and Pepper, and then put it into a great sheepes gut, then let it lie three nights in brine, then boyle it and hang it vp in a Chimney where fire is vsually kept, and these sawsedges will last one whole yeare. They are good for sallades, or to garnish boyled meates, or to make one relish a cup of wine.

*Cookery and Huswifery.*

*13. To maketender and delicat:  
brawne.*

**P**Vt collars of brawne in kettles of water or other apt vessels, into an ouen heated as you would for house-hould bread: couer the vessells, and so leaue them as long in the ouen as you would doe a batch of bread; A late experience amongst Gentlewomen farre excellling the olde manner of boyling brawne in great and huge kettles. *Quere*, if purting your liquor hore into the vessells, and the brawne a litle boyled first, it by this meanes you shall not giue great expedition to your worke.

*14. PASTE made of fish.*

**I**ncorporate the body of saltfish, Stockefish, Ling, or any fresh fish, that is not full of bone, with crums of bread, flower, I singlasse,

F 5

&c.

*Cookery and Huswifery.*

&c. and with proper spices agreeing with the nature of euery seuerall fish, and of that paste mold off the shapes and formes of little fishes: as of the Roche, Dace, Perch, &c. and so by Art you may make many little fishes out of one great and naturall fish.

15. *How to barrell vp Oysters, so as they shall last sixe monethes sweete and good, and in their naturall taste.*

**O**Pen your Oysters, take the liquor of them and mixe a reasonable proportion of the best white wine vinegar you can get, a little salt and some pepper, barrell the fish vp in small caskes, covering all the Oysters in this pickle, and they will last a long time: this is an excellent meanes to conuey Oysters vnto dry townes, or to carry them in long voyages.

16. *How*



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16. *How to keepe fresh Salmon a whole moneth in his perfect taste and delicacie.*

**F**irst seeth your Salmon according to the vsuall manner, then sinke it in apt and close vessells in wine vinegar with a braunch of Rosemary therein. By this meanes Vintners and Cookes may make profit thereof when it is scarce in the markets, and Salmon thus prepared may be profitably brought out of Ireland and sold in London or elsewhere.

17. *Fish kept long, and yet to eate short and delicately.*

**F**Ry your fish in oyle, some commend rape oyle, & some the sweetest Siuill oyle that you can get, for the fish will not taste at all of the oyle  
because

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because it hath a watrish body, and oyle and water make no true vnity, then put your fish in white wine vinegar, and so you may keepe it for the vse of your Table any reasonable time.

*18. How to keepe roasted Beefe a long Time sweet and wholesome.*

**T**His is also done in wine vinegar, your perces being not ouer great, and well and close barreled vp: this secret was fully prooued in that honourable voyage vnto Calcs.

*19. How to keepe powdered Beefe fine or fixe weeks after it is sodden, without any charge.*

**V**Hen your Beefe hath been well and thoroughly powdered by tenne or twelue daies space, then seeth it, thoroughly, dry it with

*Cookery and Huswifery.*

a cloth, and wrap it in drie clothes, placing the same in close vessels and cupboords, and it will keepe sweet & sound two or three monethes, as I am credibly informed from the experience of a kind and louing friend.

*20. A conceipt of the Authors, how Beefe may bee caried at the sea, without that strong and violent impression of salt which is vsually purchased by long and extreame powdering.*

**H**Eere, with the good leaue and fauour of those curteous Gentlewomen, for whom I did principally, if not onely, intend this little treatise; I will make bolde to lanch a little from the shoare, and try what may bee done in the vaste and wide Ocean, and in long and daungerous voyages, for the better preservation of such vsuall victualls, as for want of this skill doe

Cookery and Huswifery.

doe ofentimes meere ly perith, or  
else by the extreame pearcing of the  
salte, doe lose euen their nutritiue  
strength and vertue: and if any fu-  
ture experience doe happen to con-  
troule my present conceipt, lette this  
excuse a scholler, *quod in magnis est  
voluisse satis*. But now to our pur-  
pose, lette all the blood bee first  
well gotten out of the Beefe, by  
leauing the same some nine or tenne  
dayes in our vsuall brine, then barrell  
vp all the peeces in vessels full of  
holes, fastning them with ropes at  
the sterne of the ship; and so drag-  
ging them through the salt seawater  
(which by his infinite change and  
succession of water will suffer no  
putrefaction as I suppose) you may  
happely finde your Beefe both sweet  
and sauiory enough when you come  
to spend the same. And if this hap-  
pen to fall out true vpon some tryall  
thereof had, then either at my next  
impression, or when I shall bee vr-  
ged thereunto vppon any necessitie  
of

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of service, I hope to discover the  
meanes also whereby euery Shippe  
may carrie sufficient store of victuall  
for her selfe in more close and con-  
uenient cariages then those loose ves-  
sells are able to performe. But if I  
may bee allowed to cary either roa-  
sted or sodden flesh to the sea, then  
I dare aduenture my poore credite  
therein to preserue for sixe whole  
monethes together, either Beefe,  
Mutton, Capons, Rabbits, &c. both  
in a cheape manner, and as fresh as  
we doe now vsually eate them at our  
Tables. And this I hold to be a most  
singular and necessary secret for all  
our English Navy: which at all times  
vppon reasonable tearmes I will bee  
readie to disclose for the good of  
my Countrey.

*12. How*

*Cookery and Huswifery.*

21. *How to make sundry sorts of most dainty butter, hauing a lively taste of Sage, Cinamon, Nutmegs, Mace, &c.*

**T**His is done by mixing a few droppes of the extracted oyle of Sage, Cinamon, Nutmegs, Mace, &c in the making vp of your butter: for oyle and butter will incorporate and agree very kindly and naturally together. And how to make the saide oyles, with all necessaric vessels, instruments and other circumstances, by a most plaine and familiar description; See my Jewell house of Art and Nature, vnder the Title of Distillation.

22. *How to make a larger and daintier Cheese of the same proportion of milk then is commonly vsed or knowne by any of our best Dairie women at this day.*

Hauing

**H**Auing brought your milke into curdes by ordinary rennet, either breake them with your hands according to the visuall manner of other Cheeses, and after with a fleeting dish, taking away as much of the whey as you can; or else put in the curds, without breaking, into your moate, let them so repose one houre, or two, or three, and then to a Cheese of two gallons of milke, adde a weight of tenne or twelue pound, which weight must rest vpon a couer, that is fit with the moate or cask; wherein it must truely descende by degrees as you increase your weight, or as the curdes doe sinke, and settle. Let your curdes remaine so a'l that day and night following vntill the next morning, and then turne your Cheese or curdes, and place your weight againe thereon adding from time to time some more small weight as you shall see cause. Note that you must lay

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lay a cloath both vnder and ouer your curdes at the least, if you will not wrap them all ouer as they doe in other Cheeses, changing your cloath at euery turning. Also if you will worke in any ordinary moate, you must place a round and broade hoope vpon the moate, being iust of the selfe same bignesse or circumference, or else you shall make a verie thinne Cheese. Turne these Cheeses euerie morning and euening, or as often as you shall see cause, till the whey bee all runne out, and then proceed as in ordinarie Cheeses. Note that these moates would bee full of holes, both in the sides and bottome, that the whey may haue the speedier passage. You may also make them in square boxes full of holes, or else you may deuise moates or cases either round or square of fine wicker, which hauing wicker couers, may by some sleight bee so stayed, as that you shall need



*Cookery and Huswifery.*

neede onely morning and euening  
to turne the wrong side vpwarde,  
both the bottomes beeing made  
loose and so close, and fitting, as  
they may sinke truely within the  
moate or molde, by reason of the  
weight that lyeth thereon. Note,  
that in other Cheeses, the cover of  
the moate shutteth over the moate:  
but in these the couers descend and  
fall within the moates. Also your  
ordinary Cheeses are more spon-  
gious and full of eyes then these,  
by reason of the violent pressing  
of them, whereas these Cheeses set-  
tling gently and by degrees, doe cut  
as close and as firme as marmalade.  
Also in those Cheeses which are  
pressed out after the vsuall manner,  
the whey that commeth from them,  
if it stand a while, will carrie  
a creame vpon it, whereby the  
Cheese must of necessity bee much  
lesse, and as I ghesse by a fourth  
parte: whereas the whey that  
commeth from these newe kinde of  
Chee-

*Cookery and Huswifery.*

Cheeses is like faire water in colour, and carrieth no strength with it. Note also that if you put in your curdes vnbroken, not taking away the whey that issueth in the breaking of them, that so the Cheeses will yet bee so much the greater: but that is the more troublesome way, because the curdes being tender will hardly endure the turning, vnlesse you bee very careful. I suppose that the Angelotes in Fraunce may bee made in this manner in small baskets, and so likewise of the Parmeesan; and if your whole Cheeses consist of vnflotten milke, they will bee full of butter and eat most daintily, being taken in their time, before they bee too dry: for which purpose you may keepe them when they beginne to growe dry, vpon green rushes or nettles. I haue robbed my wiues Dairie of this secret, who hath hitherto refused all recompences that haue beene offered her

*Cookery and Huswifery.*

her by gentlewomen for the same: and had I loued a Cheese my selfe so well as I like the receipt, I thinke I should not so easily haue imparted the same at this time. And yet I must needs confesse, that for the better gracing of the Title wherewith I haue fronted this pamphlet, I haue beene willing to publish this with some other secrets of worth, for the which I haue many times refused good store both of crownes and angels: and therefore let no Gentlewoman thinke this booke too deare, at what price soeuer it shall be valued vpon the sale thereof, neither can I esteeme the worke to be of lesse then twentie yeares gathering.

*23. Clouted creame.*

**T**AKE your milke beeing new milked; and presently sette it vpon the fire from morning vntill the

*Cookery and Huswifery:*

the eueuing, but let it not seeth:  
and this is called my Lady Youngs  
clowted creame.

*24. Flesh kept sweet in summer.*

**Y**OU may keep veale, mutton, or  
venison in the beate of summer  
nine or ten dayes good, so as it bee  
newly and faire killed, by hanging  
the same in an high & windy roome.  
(And therefore a plate cupboard full  
of holes, so as the winde may haue a  
through passage, would be placed in  
such a roome to auoid the offence of  
fly-blowes). This is an approued se-  
cret easie and cheape, and very neces-  
sary to bee knowne and practised in  
hot and tainting weather. Veale may  
be kept ten daies in bran.

*25. Mustard Meale.*

**I**T is vsuall in Venice to sell the  
meale of mustarde in their mar-  
kets

*Cookery and Huswifery.*

kets, as we doe flower and meale in England: this meale by the addition of vinegar in two or three dayes becommeth exceeding good mustard, but it would bee much stronger and finer, if the husks or hulls were first diuided by searh or boulder, which may easily be done, if you dry your seedes against the fire before you grinde them. The Dutch iron hand-mills, or an ordinary pepper mill may serue for this purpose. I thought it very necessarie to publish this manner of making of your sauce, because our mustard which wee buy from the Chaundlers at this day is many times made vp with vile and filthy vinegar, such as our stomacke would abhorre if wee should see it before the mixing thereof with the seedes.

26. *How to auoide smoake, in broyling of Bacon, Carbonado, &c.*

**M**Ake little dripping pannes of paper,

*Cookery and Huswifery:*

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26. *How to auoide smoake, in broyling of Bacon, Carbonado, &c.*

**M**ake little dripping pannes of paper,

*Cookery and Huswifery.*

paper, pasting vp the corners with starch or paste, wet them a little in water (but Pope *Pius Quintus* his Cooke will haue them touched ouer with a feather first dipped in oyle or molten butter) lay them on your gridiron, and place therein your slices of bacon, turning them as you see cause. This is a cleanly way, and auoideth all smoake. In the same manner you may also broyle thin slices of Polonian sawlegs, or great Oysters, for so were the Popes Oysters dressed. You must bee carefull that your fire vnder the gridiron flame not, least you happen to burne your dripping pins, and therefore all colebrands are here secluded.

*27. The true bottling of beere.*

**W**Hen your beere is tenne or twelue daies olde, whereby it is growne reasonable cleare, then



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then bottle it, making your corks very fit for the bottles, and stoppe them close, but drinke not of this beere till they beginne to worke againe and mantle, and then you shall find the same most excellent and sprightly drinke: and this is the reason why bottle Ale is both so windie & muddie, thundering and smoking vpon the opening of the bottle, because it is commonly bottled the same day that it is laid into the Cellar, whereby his yeast beeing an exceeding windie substance, beeing also drawne with the Ale not yet fined, doth incorporate with the drinke, & maketh it also very windie: and this is all the lime and gun-powder wherewith bottle Ale hath beene a long time so wrongfully charged.

*28. How to helpe your bottles when they are musty.*

**S**ome put them in an oven when  
G the

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them by this discouery amongst the fishmongers (who onely in respect of their speedy decay doe now and then afford a pennie worth in them) if you wrappe them in sweete and course ragges first moystned in brine and then burie these cloathes in Callis sand, that is also kept in some coole and moyst place, I knowe by mine owne experience that you shall finde your labour well bestowed, & therather if you lay them in severall cloathes, so as one doe not touch the other.

*32. Divers excellent kindes of  
bottle Ale.*

I Cannot remember that euer I did drinke the like sage Ale at any time, as that which is made by mingling two or three droppes of the extracted oyle of sage with a quart of Ale, the same beeing well brewed out of one potte into another,

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ther: and this way a whole Stand of sage Ale is very speedily made. The like is to be done with the oyle of Mace or Nutmegs. But if you will make a right gossips cuppe that shall farre exceed all the Ale that euer mother *Bunch* made in her life time, then in the bottling vp of your best Ale, tunne halfe a pinte of white I-pocras that is newly made, and after the best receipt, with a pottle of Ale: stoppe your bottle close, and drinke it when it is stale. Some commend the hanging of roasted Orenge prickt full of Cloues in the vessell of Ale, till you finde the taste thereof sufficiently graced to your owne liking.

33. *How to make wormwoode wine verie speedily and in great quantity.*

**T**Ake small Rochell or Coniack wine, put a few droppes of the

G 3

extra-

*Cookery and Huswifery.*

extracted wine of wormewood therein, brew it together ( as before is set downe in bottle ale ) out of one potte into another, and you shall haue more neate and wholesome wine for your bodie, then that which is solde at the stilliard for right wormewood wine,

*34. Rosewater and Rosevinegar of the colour of the Rose, & of the Cowslip, and violet vinegar.*

**I**F you would make your Rosewater and Rosevinegar of a Ruby colour, then make choice of the crimson veluet coloured leaues, clipping away the whites with a paire of sheers, and being thorough dried, put a good large handfull of them into a pinte of Damask or red Rosewater, stop your glasse well & set it in the Sun, till you see that the leaues haue lost their colour. Or for more expedition you may performe this work in Balneo in

a fewe houres, and when you take out the old leaues, you may put in fresh till you find the colour to please you. Keepe this Rosewater in glasses very well stopt, the fuller the better. What I haue saide of Rosewater, the same may also bee intended of Rose vinegar, violet, marigolde, and cowslip vinegar, but the whiter vinegar you chuse for this purpose, the colour thereof will bee the brighter, and therefore distilled vinegar is best for this purpose, so as the same be warily distilled with a true diuision of parts, according to the manner expressed in this booke in the distillation of vinegar.

35. *To keepe the iuyce of Orenge and Lemmons all the yeare for sauce, Inleps, and other purposes.*

**E**Xpresse their iuyce, and passe it thorough an Ipocras bagge to clarifie it from his impurities,

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then fill your glasse almost to the top, couer it closely, and let it stand so till it haue done boyling; then fill vp your glasse with good Sallet oyle, and set it in a coole closet or butterie where no sunne commeth. The aptest glasses for this purpose are straight vpright ones, like to our long beere glasses, which would bee made with little round holes, within two inches of the bottome to receiue aptfawcets, and so the grounds or lees would settle to the bottome, and the oyle woulde sinke downe with the iuice so closely that all putrefaction woulde bee auoyded: or in steede of holes if there were glasse pipes it were the better and readier waie, because you shall hardely fasten a fawcet well in the hole. You may also in this manner preserue many iuices of hearbes & flowers.

And because that profite and skill vnited doe grace each other, it

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if (courteous Ladies) you will lend  
eares and followe my direction; I  
will beere furnish a great number  
of you (I would I could furnish you  
all) with the iuyce of the best ciuill  
Orenge at an easie price: About  
Alhallontide or soone after, you  
may buy the inward pulpe of ciuill  
Orenge wherein the iuyce resteth,  
of the Comfetmakers for a small  
matter, who doe onely or principal-  
ly respect their rindes to proserue &  
make Orengeadoes withall, this  
iuyce you may prepare and preserue  
as before.

36. *How to purifie and giue an ex-  
cellent smell and taste vnto sal-  
les oyle.*

**P**Vt Saller Oyle in a Vessell of  
woode or earth, hauing a hole  
in the bottome; to euery foure  
quarts of water adde one quart of  
oyle, and with a wooden spoone or

G 5

spattle

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spattle beate them well together for a quarter of an houre, then let out the water, preventing the oyle from issuing, by stopping of the hole, repeate this werke two or three times, and at the last you shall finde your oyle well cleansed or clarified. In this manner you may also clarifie Capons grease, beeing first melted, and working with warme water. All this is borrowed of M. *Bartholomæus Scapius* the master Cooke of Pope *Pius Quintus* his priuy kitchen. I thinke if the last agitation were made in Rosewater, wherein also Cloues or Nutmegs had beene macerated, that so the oyle would bee yet more pleasing.

Or if you set a jarreglasse in Balneo full of sweete oyle, with some store of bruised Cloues, and rindes of ciuill Oranges or Lemmons also therein, and so continue your fire for two or three houres, and then letting the cloues and rindes remaine in the oyle till both the sent and taste doe



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doe please you: I thinke many men which at this day doe loath oyle (as I my selfe did, not long since) would be easily drawne to a sufficient liking thereof.

*37. How to clarifie without any Distillation both white and claret wine vinegar, for gellies or sauces.*

**T**O euery sixe pintes of good wine vinegar, put the whites of two new laid egges well beaten, then put all into a newe leaden pipkin; and cause the same to boyle a little ouer a gentle fire, then let it run through a course gelly-bagge twice or thrice, and it will bee very cleare, and keepe good one whole yeare.

*38. To make a most delicate white salt for the table.*

**F**irst calcine or burne your white salt

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alt, then dissolue it in cleere conduit water, let the water stand without stirring, fortie eight houres, then carefully drawe away all the cleere water onely, filter it, and after evaporate the filtered liquor, reseruing the salte. Some leaue out calcination.

*39. A delicate Candle for a  
Ladies Table.*

**C**Ause your Dutch Candles to bee dipped in Virgin waxe, so as their last coate may bee meere waxe: and by this meanes, you may carrie them in your hand without melting, and the sent of the tallow will not breake through to giue offence: but if you would haue them to resemble yellow waxe Candles, then first let the tallow be coloured with Turmericke boyled therein, and strained: and after your Candles haue bene dipped therein to a  
suf.

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sufficient greatnesse, let them take their last coate from yellow waxe, this may bee done in a great round Cane of tinne plate, hauing a bot-tome, and beeing somewhat deeper then the length of your Candles: & as the waxe spendeth, you may still supply it with more.

*40. How to hang your Candle in the ayre without candlesticke.*

**T**His will make a strange shewe to the beholders that know not the conceit: It is done in this man-ner. Let a fine Virginall wyer bee conueighed in the midst of euery wike, and left of some length aboue the Candle to fasten the same to the postes in the roofe of your house, and if the roome bee any thing high roofed, it will be hardly discerned, and the flame though it consume the tallow, yet it will not melte the wyer.

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*41. Rose Vinegar made in a new  
manner.*

**M**ACERATE or steep Rose-  
leaves in faire water, let them  
bee therein till they waxe soure  
in smell, and then distill  
the water.

Sweet

**SWEETE POW-**  
**ders, Oyntments,**  
*Beauties, &c.*

*1. An excellent damask powder.*

**T**Ake of yreos halfe a pound,  
Rose-leaves 4. ounces, Cloues  
one ounce, Lignum Rhodium two  
ounces, Storax one ounce and a half,  
muske and ciuet of each ten graines.  
beate and incorporate them well  
together.

*2. An excellent hand-water or washing  
water very cheape.*

**T**Ake a gallon of faire water,  
one handfull of Lauender flow-  
ers, a few Cloues, and some Orace  
powder

*Sweete powders.*

powder, and foure ounces of Benjamin; distill the water in an ordinary leaden Still: you may distill a second water by a new infusion of water vpon the fees, a little of this will sweeten a bason of faire water for your table.

*3. A Ball to take out stains  
from linnen.*

**T**AKE foure ounces of white hard Soape, beate it in a mortar with two small Lemmons sliced, and as much roach allome as an haseell Nut, roll it vp in a ball, rub the stain therewith, & after fetch it out with warme water if need be.

*4. A sweet and delicate Pomander.*

**T**AKE two ounces of Labdanum, of Benjamin and Storax one ounce, muske sixe graines, ciuit sixe

*Ointments, and beauties.*

sixe graines, Amber griee sixe graines, of Calamus Aromaticus and Lignum Aloes, of each the waight of a groate; beate all these in a hot mortar, and with an hote peßell till they come to paste, then wet your hand with Rosewater, and roll vp the paste sodainly.

*5. To take staines out of ones hands presently.*

**T**HIS is done with the iuyce of Sorrell, washing the stayned place therein.

*6. To take away spots and freckles from the face or hands.*

**T**He sappe that issueth out of a Birch tree in greate abundance, beeing opened in March or Aprill, with a receiuer of glasse set vnder the boaring thereof to receine the same, doth performe the  
same

*Sweet powders,*

same most excellently and maketh the skin very cleare. This sappe will dissolue pearle, a secret not knowne vnto many.

*7. A white fucus or beauty  
for the face.*

**T**He iawe bones of a Hogge or Sowe well burnt, beaten and searced through a fine searce, and after ground vpon a porphire or serpentine stone, is an excellent fucus, beeing laid on with the oyle of white poppey.

*8. A delicate washing ball.*

**T**Ake three ounces of Orace, halfe an ounce of Cypres, two ounces of Calamus Aromaticus, one ounce of Roseleaves, two ounces of Lauender flowers, beate all these together in a mortar, searcing them thorough a fine searce, then  
scrape



Ointments, beauties, &c.

scrape some castile soape, and dissolue it with some Rosewater, then incorporate all your powders therewith by labouring of them well in a mortar.

9. *Damask powder.*

**T**AKE five ounces of Orace, two ounces of Cypres, two ounces of Colamus, halfe an ounce of Cloues, one ounce of Benjamin, one ounce of Roseleaves, one ounce of Storax calamitum, halfe an ounce of Spike flowers, mixe them well together.

10. *To keepe the teeth both white and sound.*

**T**AKE a quart of hony, as much vinegar, and halfe so much white wine, boyle them together and wash your teeth therewith now and then.

11. *To*

*Sweet powders,*

*11. To delay heate, and cleare  
the face.*

**T**Ake three pintes of conduit water, boyle therein two ounces of French barley, change your water, and put in the barley againe: repeat this so long, till your water purchase no colour from the barley, but become very cleare: boyle the last three pintes to a quart, then mixe halfe a pinte of white wine therein, and when it is colde, wring the iuyce of two or three good Lemmons therein, and vse the same for the Morpew, heate of the face or hands, and to cleare the skinne.

*12. Skinne kept white and cleare.*

**W**ASH the face and body of a sucking childe with breast milk, or cownmilke, or mixed with

*Ointments, beauties, &c.*

with water, euery night, and the  
childes skinne will waxe faire and  
cleare, and resist sunburning.

13. *An excellent Pomatum to cleere  
the skinne.*

**VV** Ash Barrowes grease often-  
times in *May-dewe* that  
hath beene clarified in the Sunne,  
till it bee exceeding white, then  
take Marshmallow rootes scraping  
off the outsides, then make thinne  
slices of them and mixe them, sette  
them to macerate in a seething  
Balneo, and scumme it well till it  
bee thoroughly clarified and will  
come to roape, then straine it, and  
put now and then a spoonefull of  
*May-dewe* therein, beating it till it  
bee thorough colde in often change  
of *May-dewe*, then throwe away the  
dewe, and put it in a glasse, cou-  
ring it with *May-dewe*, and so re-  
serue it to your vse. Let the mal-  
low.

*Sweet powders,*

lowe rootes bee two or three dayes  
dried in the shade before you vse  
them. This I had of a great profes-  
sor of Arte, and for a rare and dainty  
secret, as the best fucus this day  
in vse.

*14. Another minerall fucus for  
the face.*

[ Incorporate with a wooden pe-  
stle and in a wooden mortar with  
greate labour foure ounces of sub-  
limate, and one ounce of crude Mer-  
curie, at the least fixe or eight houres  
(you cannot bestowe too much la-  
bour herein) then with often change  
of colde water, by ablution in a  
glasse, take away the salts from the  
sublimate, change your water twice  
every day at the least, and in seauen  
or eight daies (the more the better)  
it will be dulcified, and then it is pre-  
pared. Lay it on with the oyle of  
white poppey.

*Ointments, beaulties, &c.*

15. *To helpe away chilblanes out of the hands or feet.*

**B**Oyle halfe a pecke of Oates in a quart of water, till they waxe dry, then hauing first anoynted your handes with some good Pomatum and well chafed them, holde them within the Oates as hotte as you may well suffer them, couering the bowle wherein you putte your handes with a double cloath to keep in the steame of the Oates. Doe this three or foure times, and you shall finde the effect. The same Oates will serue to bee sodden with fresh water three or foure times.

16. *To helpe a face that is redde or pimpled.*

**D**issolue common salte in the iuyce of Lemmons, and with a linnen

*Ointments, beauties, &c.*

linnen cloath, pat the patients face that is ful of heate or pimples. It cureth in a few dressings.

*17. Aliter.*

**T**AKE of those little whelkes or shells which some doe call giny money, wash fine or sixe of them, and beate them to fine powder, and infuse the iuyce of Lemmons vpon them, and it will presently boile: but if it offer to boyle out of your glasse, then stoppe the mouth thereof with your finger, or blowe into it. This will in a short time bee like an oyntment, with which you must anoynt the heate or pimples of the face oftentimes in a daie till you finde help. As the oyntment dryeth, put more iuyce of Lemmons to it. This, of an outlandish Gentlewoman, and it is an assured remedy, if the heate bee not very extreame. Some haue found by experience

*Ointments, beaulties, &c.*

perience, that bathing of the face with hote vinegar euery night when they goe to bed doth mightily repell the humor.

18. *Aliter.*

**Q** Vilt bay salt well dried & powdered, in double linnen socks of a pretty bignesse, let the patient weare them in wide hose and shooes day and night, by the space of fourteene dayes, or till hee be well: euery morning and euening let him dry his socks by the fire and put them on againe.

This helped *M. Foster* an *Essex* man & an Attorney of the common pleas within these few years, but now deceased, whose face was for many yeeres together of an exceeding high & furious colour, of my own knowledge, and had spent much mony in physick without any successe at all, vntill

H he

*Sweet powders,*

he obtained this remedy. The patient must not take any wet of his feet during the cure.

19. *Aliter, & optimo.*

**T**Ake halfe a pound of white distilled vinegar, two new layde Egges with their shelles, two spoonfulls of the flowers of brimstone, let these macerate in the vinegar by the space of three dayes: then take out the Egges, and pricke them full of holes with a needle, but not too deepe, least any of the yoałke should happen also to issue, let that liquor also mixe with the vinegar, then straine all thorough a fine cloath, and tie vp the brimstone in the cloath, like a little ball, dippe this ball in the strained liquor, when you vse it, and patte it on the place three or foure times euery day, and this will cure any red face  
in



*Ointments, beauties, &c.*

in twelue or foureteene daies. Some doe also commend the same for an approoued remedie against the morpew; the brimstone ball must bee kept in some close thing from the aire.

*20. How to take away any pimple from the face.*

**B**rimstone ground with the oyle of Turpentine, and applied to any pimple one houre, maketh the flesh to rise spongeous: which being anointed with the thicke oyle of butter that ariseth in the morning from newe milke sodden a little ouer night, will heale and scale away in a few daies, leauing a faire skinne behinde. This is a good skinning salue.

H 3

22 To

*Sweet powders,*

21. *To helpe any Morpew, sunburning, itch, or red face.*

**S** Trep two sliced Lemmons being large and faire, in a pynt of Conduit vvater, leaue them foure or fiue dayes in infusion couering the vvater, then straine the vvater, and dissolue therein the quantitie of a hasell nut of sublimate (some hold a dram a good proportion to a pint of vvater) finely powdered: let the patient wet a cloth therein, and rubbe the place where the grieve is, euery morning and euening a little, till the bew doth please her, you may make the same stronger or weaker according to good discreti-  
on.

22. *For the Morpew.*

**T** AKE a pynt of distilled Vinegar, lay therein two new laid  
egges

*Ointments, beauties, &c.*

egges vvhole with their shels, three yellow Docke roots picked and sliced, two spoonefulls of the flowers of brimstone, and so let all rest three daies, and then vse this liquor with a cloth, rubbing the place three or foure times euery day, and in three or foure daies it commonly helpeth: put some branne in your cloth before you moisten your cloth therein, binding it vp in forme of a little ball.

This, of Master Rich of Lee, who helped himselfe and a gallant Ladie therewith in a few daies.

*23. To take away the freckles in the face.*

**W**ASH your face in the vane of the Moone with a Sponge, morning and euening with the distilled water of Elder-leaues, letting the same dry into the skinne. Your water must be di-

H 3

stilled

Sweet powders,

Stilled in *May*. This frō a Traveller,  
who hath cured himselfe thereby.

24. To cure any extreame bruise vpon  
afore fall, on the face, or any other  
member of the body.

PResently after the fall make a  
greate fire, and applie hotte  
cloathes one after another with-  
out intermission, the patient stan-  
ding neere the fire for one houre  
and a halfe, or till the swelling be  
cleane abated. This I knewe pro-  
ued with good successe in a maide  
that fell downe a paire of staires,  
whereby all her face was extream-  
ly disfigured. Some holde opini-  
on that the same may bee per-  
formed with clothes wet in hotte  
water and then wrung out againe  
before application. Then to take  
away the changeable colours,  
which doe accustomably followe  
all bruises, shred the roote of a  
greene

*Ointments, beauties, &c.*

greene or growing flower deluce,  
beate it with red Rosewater, and  
grinde it till it come to a salve, ap-  
ply the same, and in fewe houres it  
taketh away all the colours: but if it  
lie too long it will raise pimples:  
and therefore so soone as the colors  
be vanished, immediately remooue  
the salve.

*25. How to keep the teeth cleane.*

**C**alcine the tops and braunches  
of Rosemary into ashes, and  
to one parte thereof, put one parte  
of burnt Allome, mixe them well  
together, and with thy finger first  
moystned a little with thy spittle,  
rubbe all thy teeth ouer a prettie  
while euery morning till they bee  
cleane, but not to galling of thy  
gums, then suppe vp some faire wa-  
ter or white wine, gargling the  
same vppe and downe thy mouth a

H 4      while

*Sweet powders,*

while, and then dry thy mouth with a towell. This, of an honest Gentleman and a painefull gatherer of physicall receites.

*26. Sweete and delicate Dentifrices or Rubbers for the teeth.*

**D**issolue in foure ounces of warme water, three or foure drammes of gumme Dragagant, and in one night this will become a thicke substance like gellie, mingle the same with the powder of Alablaster finely ground and searced: then make vp this substance into little rounde rolles, of the bignesse of a childes arrowe, and foure or fiue inches in length. Also if you temper Roset, or some other colour (that is not hurtfull) with them, they will shewe full of pleasing veines. These you may sweeten either with Rose-water, Ciuet or muske. But if your teeth  
bec

*Ointments, beauties &c.*

bee very scalie, let some expert Barbar first take off the scales vvith his instrument, and then you may keepe them cleane by rubbing them vvith the aforesaid rolles.

And heere, by those miserable experiences that I haue seene in some of my neere friends, I am enforced to admonish all Gentlewomen to bee carefull how they suffer their teeth to be cleansed and made white vvith any *Aqua fortis*, which is the Barbar vviall water: for vvlesse the same be both well allayed, and carefully applied, shee may happen vvithin a few dressings to be forced to borrow a ranke of teeth to eate her dinner, vvlesse her gummes doe helpe her the better.

*27: A delicate stone to sweat in.*

[ Knowe that many Gentlewomen  
as well for the cleering of their

H 5

skins

*Sweete powders,*

skinner as cleansing of their bodies, doe now and then delight to sweate. For the which purpose I haue sette downe this manner following, as the best that euer I obserued. Put into a brasle pottle of some good content, such proportion of sweete hearbes, and of such kinde as shall bee most appropriate for your infirmities, with some reasonable quantitie of water, close the same with an apt couer, and well luted with some paste made of flower and whites of Egges: at some parte of the couer you must let in a leaden pipe (the entrance whereof must also bee well luted) this pipe must bee conueyed thorough the side of the Chimney, where the pottle standeth in a thicke hollow stake, of a bathing tubbe crossed with hoopes according to the vsuall manner in the top, which you may couer with a sheete at your pleasure. Now the steame of the pottle passing thorough the pipe



*Ointments beautes, &c.*

pipe vnder the halfe bottome of the  
bathing tubbe, which must bee boar-  
ded full of bigge holes, will breath  
so sweete and warme a vapour vp-  
on your bodie, as that (receiuing  
aire by holding your head without  
the tubbe as you sit therein) you shall  
sweate most temperately, and con-  
tinue the same a long time with-  
out fainting. And this is perfor-  
med with a small charcole fire main-  
tained vnder the pot for this purpose.  
Note that the roome would bee  
close wherein you place your bathing  
tub, least any sudden colde should  
happen to offend you whilest your  
body is made open and porous to  
the ayre.

28. *Diuers sorts of sweet hand-waters  
made suddenly or extempore, with  
extracted oyles of spices.*

**F**irst you shall vnderstand that  
whensoever you shall drawe any  
ot

*Sweet powders,*

of the afore-saide oyles of Cinamon, Cloues, Mace, Nutmegs, or such like, that you shall haue also a pottle or a gallon more or lesse, according to the quantity which you draw at once, of excellent sweet washing water for your table: yea, some doe keepe the same for their broths, wherein otherwise they should vse some of the same kinde of spice.

But if you take three or foure drops onely of the oyle of Cloues, Mace, or Nutmegs (for Cinamon oyle is too costly to spend this way) and mingle the same with a pint of faire water, making agitation of them a prettie while together in a glasse hauing a narrow mouth, till they haue in some measure incorporated them-selues together, you shall finde a very pleasing and delightfull water to wash with, and so you may alwaies furnish your selfe of sweet water of seuerall kinds, before such time as your guests shall be

*Ointments, beauties, &c.*

be ready to sit downe. I speake not heere of the oyle of Spike (vvhich will extend very farre this way) both because euery gentlewoman dooth not like so strong a sent, and for that the same is elsewhere already commended by another Author. Yet I must needs acknowledge it to bee the cheaper way, for that I assure my selfe there may bee fīue or sixe gallons of sweet water made with one ounce of the oyle, which you may buy ordinarily for a groat at the most.

*29. An excellent sweet water for a sa-  
sing bottle.*

**T**AKE three drammes of oyle of Spyke, one dram of oyle of Thyme, one dram of oyle of Lemmons, one dram of oyle of Cloues, then take one graine of Ciuet, and three graines of the aforesaid composition well vvrought together,

*Sweet powders,*

ther. Temper them well in a silver spoone with your finger, then put the same into a silver bowle, washing it out by little and little into the bowle with a little Rosewater at once, till all the oyle be washed out of the spoone into the bowle, and then doe the like by washing the same out of the bowle with a little Rosewater at once, till all the sent be gotten out, putting the Rosewater stil in a glasse, when you haue tempered the same in the bowle sufficiently. A pinte of Rosewater will bee sufficient to mingle with the saide proportion: and if you finde the same not strong enough of the ciuet, then you may to euery pinte put one graine & a halfe, or two graines of ciuet to the weight of three graines of the aforesaid composition of oyles.

30. *To colour a blacke haire presently into a Chesnut colour.*

*This*

*Ointments, beauties &c.*

**T**His is done with oyle of Vitri-  
oll : but you must doe it very  
carefully not touching the skin.

*31. A present and delicate perfume.*

**L**Aie two or three drops of li-  
quid Amber vppon a glowing  
coale; or a peece of lignum aloes,  
lignum Rhodium, or storax.

*32. To renew the sent of a Pomander.*

**T**Ake one graine of ciuet, and  
two of muske, or if you double  
the proportion it will bee so much  
the sweeter, grinde them vppon a  
stone with a little Rose-water, and  
after wetting your handes with  
Rosewater, you may worke the same  
in your Pomander. This is a sleight  
to passe awaie an olde Pomander,  
but my intencion is honest.

*33. How*

*Sweete powders,*

**33. How to gather and clarifie  
May dew.**

**W**Hen there hath fallen no  
raine the night before, then  
with a cleane and large sponge, the  
next morning you may gather the  
same from sweet hearbs, grasse or  
corne: straine your dew and expose  
it to the sunne in glasses couered with  
papers or parchment prickt full of  
holes, strain it often, continuing it in  
the sunne, & in an hote place till the  
same growe white and cleere, which  
will require the best part of the Sum-  
mer.

Some commend May dew ga-  
thered from Fennell & Celandine,  
to be most excellent for sore eyes, &  
some commend the same (prepared  
as before) about Rosewater for pre-  
seruing of fruites, flowers, &c.

**34. Diuers**

34. *Diuers excellent sents for gloues, with their proportions and other circumstances, with the manner of perfuming.*

**T**He Violet, the Orenge, the Lemmon duely proportioned with other sents, performe this well, so likewise of Labdanum, Storax, Benjamin, &c.

The manner is this: First lay your vmbler vppon a fewe coales till it be-  
ginne to cracke like lime, then let it  
coole of it selfe, taking away the  
coles, then grind the same with some  
yellow ocre, till you perceiue a right  
colour for a gloue: with this mix-  
ture wa<sup>sh</sup> ouer your gloue with a lit-  
tle haire brush vppon a smoothe stone  
in euery seame and all ouer, then  
hang your gloues to drie vppon a  
line, then with gum Dragagant dis-  
solved in some Rose-water, and  
ground with a little oyle de Ben, or of  
sweete

*Sweet Powders,*

Sweet Almonds vppon a stone, strike ouer your gloues in euery place with the gumme and oyle so ground together, dooe this with a little sponge, but bee sure the gloues bee first thoroughly dry, and the colour well rubbed and beaten out of the gloue; then let them hang againe till they bee drie, which will bee in short time. Then if you will haue your gloue to lie smooth and faire in shewe, goe ouer it againe with your sponge, and the mixture of gumme and oyle, and drie the gloue yet once againe. Then grinde vppon your stone two or three graines of good muske, with halfe a spoonfull of Rose-water, and with a verie little peece of a sponge take vp the composition by a little and a little, and so lay it vppon your gloue lying vppon the stone. Picke and straine your gum Dragagant before you vse it. Perfume but the one side of your gloue at once, and then hang it vp  
to



*Ointments, beduties, &c.*

to dry, and then finish the other side. Tenne graines of muske will giue a sufficient perfume to eight paire of gloues. Note also that this perfume is done vpon a thin Lambes leather gloue: and if you worke vpon a kids skin or goates skin, which is vsnall leather for rich perfumes, then you must ad more quantity of the oyle of Ben to your gumme, and goe ouer the gloue twice therewith.

*Sweet bags to lie among linnen.*

**F**ill your bags onely with Lignum Rhodium finely beaten, and it will giue an excellent sent to your linnen.

36. *To make haire of a faire yellow or golden colour.*

**T**He last water that is drawne from hony beeing of a deepe redde colour, pertormeth the same  
excel.

*Sweet powders,*

excellently, but the same hath a strong smell, and therefore must be sweetened with some aromaticall bodie.

Or else the haire beeing first cleane washed and then moistened a prettie while by a good fire in warme Allome water with a sponge, you may moisten the same in a decoction of Turmericke, Rubarb, or the bark of the Barberry tree, and so it will receiue a most faire and beautifull colour.

The Dogberrie is also an excellent berrie to make a golden liquor withall for this purpose: beat your allome to powder, and when the water is ready to seeth, dissolue it therein: foure ounces to a pottle of vvater will be sufficient: let it boile a while, straine it, and this is your allome liquour wherewith you must first prepare the haire.

37. How to colour the head or beard  
into a Chestnut colour in halfe an  
houre.

**T**Ake one part of lead calcined  
with Sulphur, and one part of  
quicklime, temper them some-what  
thinne vvith water, lay it vpon the  
haire, chafing it vvell in, and let it  
drie one quarter of an houre or  
thereabout, then wash the same off  
with faire water diuers times, and  
lastly with sope and water, and it will  
be a very naturall haire colour. The  
longer it lieth vpon the haire, the  
browner it groweth. This colourerh  
not the flesh at all: and yet it lasteth  
very long in the haire. *Sapi-*

*us expertum.*

(::)

FINIS.



